eat well live well

homemakers

fall suppers
to bake ahead



Lamb and Bulgur Stuffed Peppers

5 Clutter-zone *makeovers*

Strong bones for life

Find your dream job

September 2010
homemakers.com

PM40064924 aR10635

One-Pot Rice Dinners *p45*
Start a Wine Cellar *p65*
Why Variety Is Healthy *p27*

Transcontinental
09
6 23439 71534 7
$2.99


The majority of Canadians aren't getting
Milk products deliver more than just calcium, with up to 16 essential nutrients that work to keep your body healthy: protein that helps build body tissue like muscles, plus riboflavin and zinc which are factors in energy metabolism… and so much more!
100% CANADIAN MILK


Every™ Day
enough milk products every day. What about you?
Don't deprive yourself. To make sure you're getting all the benefits of milk products, visit
getenough.ca

September 2010

contents





HEALTHY LIVING

18 *Best Bones for Life*
Take the right steps today to give your bones long-lasting strength *By Lisa Bendall*

27 *Your Diet: Mix It Up!*
Eating a range of foods is key to wellness. But what does variety really mean?
By Rosie Schwartz, RD

30 *Personal Best*
Reader Jaye Kerzner found a splashy way to get active every day *By Lesley Young*

EATING WELL

35 *Purple Reigns*
Make these restaurant-style eggplant recipes at home

45 *Five One-Pot Rice Suppers*
Comfort food doesn't get tastier than this

52 *Fall Spectacular*
Five bake-ahead meals with harvest flavour

60 *Sweet Gold*
Honey recipes for a sweet Rosh Hashanah
All recipes by Andrew Chase

65 *Best Cellars*
Start a wine collection *By Natalie MacLean*

In Every Issue

6 *Off the Top*
8 *Contributors*
10 *Homemakers Online*
12 *Letters*
13 *Your Whole Life*
Great ideas to help you get organized for fall

17 *Health News*
50 *Shopping Sources*
85 *For Keeps*
Make your unused stuff pay: Sell it online
86 *Turning Point*
By ditching booze, Susan Juby found herself



LIVING FULLY

68 *Your Career: Changing Tack*
Thinking of a new career? Here's how to chart a new course *By Anicka Quin*

74 *Five Jobs for the Junk Busters*
We tackle your home's worst clutter zones *By Caroline Medwell and Karen Kwinter*

81 *Between Us*
The five emotional stages of home renovation *By Jocelyn Laurence*

RECIPE INDEX

Starters & Salads

42 *Baba Ghanoush*
39 *Broiled Eggplant with Miso-Mustard Dressing*
40 *Low-Fat Miso-Dressed Salad*
40 *Miso Dip for Vegetable Crudités*

Mains & Sides

50 *Chicken Pilaf*
42 *Chinese Garlic Eggplant with Tofu*
46 *Creole Purloo with Shrimp*
40 *Eggplant Parmigiana*
55 *Lamb and Bulgur Stuffed Peppers*
52 *Mediterranean Baked Vegetables*
48 *Mussel and Tomato Risotto*
56 *Potato and Fish Casserole with Pepper Sauce*
56 *Rapini and Goat Cheese Cannelloni*
36 *Ratatouille*
55 *Stuffed Chard Leaves Gratin*
49 *Thai Pineapple Fried Rice with Basil*
39 *Thai Spicy Eggplant with Basil*
46 *Vegetable Pulao*

Desserts & Breads

64 *Buttermilk Honey Pie*
62 *Honey and Apple Semolina Cake*
63 *Honey and Nut Rugalach*
61 *Rosh Hashanah Challah*

For wine pairing suggestions, see page 65.

Contests

Now Tell Us! ***page 15***
Just for You ***page 59***

Cover photography: Jim Norton
Food styling: Camilo Costales
Prop styling: Catherine Doherty

Volume 45 Number 6 ISSN 0318-7802
All Canadian sources since 1966

off the top

From the editor-in-chief



A.A. Milne, the creator of Winnie the Pooh, wrote that "One of the advantages of being disorderly is that one is constantly making exciting discoveries."

That may have been true for Mr. Milne; it certainly echoes the popular notion that creativity and personal disorganization go hand in hand, while hyperorderly people – even if neat and tidy – are rigid and unimaginative. However, research has shown that, in fact, people are more creative and prolific when their environments and schedules are uncluttered, well planned and distraction-free. (Here's my own unscientific two cents: My friends Donna and Annette – two of the most creative, artistic and unconventional women I know – are also the most well organized, both at home and in their professional lives.)

Not surprisingly, creativity isn't the only benefit to keeping things in good order. According to a 2009 study by the research firm Leger Marketing (commissioned by a group of Canadian professional organizers), 80 per cent of Canadians feel disorganized. Even more significant, 90 per cent of them believe their disorderliness has a negative impact on their lives, making some of them feel stressed or frustrated. The flip side, obviously, is that beating chronic disorganization can go a long way toward helping most of us feel calmer, more productive – even happier.

To get you in the mood for a fresh start this fall, we've devoted much of this issue to giving you beautiful, thoughtful and innovative ideas for getting organized. In "Five Jobs for the Junk Busters," page 74, style editor Karen Kwinter and writer Caroline Medwell tackle the worst clutter-collecting corners of a typical home. For her story, "Your Career: Changing Tack," page 68, writer Anicka Quin interviewed three inspiring women to show you how careful, detailed strategizing can put your career on the right track, no matter where in your work life you are now. And throughout, we offer great ideas for organizing everything from your wines to your workout schedule.

Me, I may never be like Donna or Annette. But one of the most exciting discoveries I've made in recent years is that there are a lot more advantages to being orderly. Sorry, Mr. Milne.

PS In "The Ultimate W Expert Challenge II," just one entrant (hundreds applied) will be chosen to win the opportunity of a lifetime – a development deal with the W Network. And yours truly (below, second from left) is one of the judges! Join us all on the W Network, Wednesdays, Aug. 4 to 18, at 8 p.m.





Kathy Ullyott
kathy@homemakers.com

PHOTOGRAPHY: COURTESY OF THE ULTIMATE W EXPERT CHALLENGE (BOTTOM); MARK BURSTYN (TOP). HAIR AND MAKEUP, SHERI STROH/PLUTINO GROUP

RoC®

WE KEEP OUR PROMISES®

NEW

NOW, YOUNGER-LOOKING EYES IN 3 HOURS*.

The future of age-defying technology has arrived.

RoC® SUBLIME ENERGY

New RoC® SUBLIME ENERGY™ harnesses the power of bioelectricity** to produce unprecedented age-defying results. Within 3 hours, the appearance of fine lines will diminish. And with continued use of this revolutionary two-step system, the eye area will be visibly transformed. We're so confident in the results that we 100% guarantee them†.

Ask your drug store beauty advisor about new RoC® SUBLIME ENERGY™.



* Clinically proven to deliver the same age-defying results in 3 hours that our traditional eye creams provide in 4 weeks

** In the upper layer of the epidermis †For money-back guarantee please call 1-800-762-1964. UPCs must be submitted within 60 days of purchase. ©Johnson & Johnson Inc. 2010

CONTRIBUTORS

We asked our September contributors:

"What messy spot at home do you hope no one sees?"



Lisa Bendall

(writer, "Best Bones for Life," page 18)

"Don't look in my basement storage room. Things get shoved in there with the plan to sort later – which never, of course, materializes."



Anicka Quin

(writer, "Changing Tack," page 68)

"My hall closet! I've got ski equipment, cat kennels, camera gear and four seasons of clothing stored in there, all precariously balanced."



Kate Forrester

(illustrator, "Changing Tack," page 68)

"I am terrible for tidying things away into cupboards. My bedroom is superficially tidy, but my wardrobe is a big pile of crumpled clothes!"



Rose Pereira

(associate art director)

"I have a habit of keeping all kinds of bills, receipts and bank statements. I never refer to them, but that doesn't stop me from letting them pile up in boxes!"

PHOTOGRAPHY (FROM LEFT): WILSON MARKLE; EVAAN KHERAJ; ANDREW BABBAYAN; SEED9

eat well live well **homemakers**

EDITOR-IN-CHIEF **Kathy Ullyott**

EXECUTIVE EDITOR **Jessica Ross**
ART DIRECTOR **Annette Waurick**
SENIOR EDITOR **Janet Rowe**
FOOD EDITOR **Andrew Chase**
RECIPE TESTER **Soo Kim**
ASSOCIATE ART DIRECTOR **Rose Pereira**
ART PRODUCTION COORDINATOR **Erin Poetschke**
STYLE EDITOR **Karen Kwinter**
ASSISTANT STYLE EDITOR **Julia McEwen**
EDITORIAL ASSISTANT, STYLE **Katherine Flemming**
COPY CHIEF **Lisa Fielding**
COPY EDITOR **Jill Buchner**
ADMINISTRATOR **Olga Goncalves Costa**
EDITORIAL ASSISTANTS **Pat Flynn, Teresa Sousa**
INTERN **Catherine Labelle**

GROUP PUBLISHER **Lynn Chambers**

BUSINESS MANAGER **Nancy Baker**
ASSOCIATE BUSINESS MANAGERS **Vincent Cheung, Angel Palacios**

Homemakers Online
SENIOR VICE-PRESIDENT, NEW MEDIA AND DIGITAL SOLUTIONS GROUP **John Clinton**
ONLINE PRODUCT DIRECTOR **Angie McKaig**
ONLINE CONTENT DIRECTOR **Catherine Gray**
WEB EDITOR **Jennifer Melo**
WEB EDITORIAL ASSISTANT **Adrienne Brown**
WEBMASTER, ENGLISH MEDIA **Dmitry Beniaminov**
GRAPHIC DESIGNER **Alexandra Ishigaki**
OPERATIONS MANAGER **John Kuipers**
NATIONAL SALES DIRECTOR, DIGITAL MEDIA **Ken McMillan**

Custom Publishing
DIRECTOR **Nino DiCara**

Communications and Promotions
DIRECTOR **Avra Goldenblatt**
SENIOR SPECIALIST **Janis Davidson Pressick**
SPECIALIST **Carlie MacGhee**
COORDINATORS **Gillian Roberts, Alyson Young**

Advertising Sales
ADVERTISING SALES DIRECTOR **Gayle Taguchi**
GENERAL SALES MANAGER **Kori Kobzina**
SALES MANAGERS **Louisa Di Tullio (East), Kevin McEwan (West)**
NATIONAL ACCOUNT MANAGERS **Israël Brais, Julie Courchesne, Jane Curran, Monique Hourd, Marie-Josée Lefebvre, Sylvie Lizotte, Andrea McBride, Andrea Topping, Anna Vecera Marto**
SALES PROMOTION MANAGERS **Sarah Conroy, Joanne Landry, Kylie Martin**
CREATIVE DIRECTOR, PROMOTIONS **Linda Stephenson**
ADVERTISING COORDINATION MANAGER **Janice Clarke**
TRAFFIC COORDINATOR **Joanne Richardson**
GENERAL SALES MANAGER, KEY ACCOUNTS, 360° AND CREATIVE SOLUTIONS **Caroline Medwell**

Key Accounts
DIRECTOR **Jessica Scott**
COORDINATOR **Nicole Ciffolillo**

360° Solutions
DIRECTORS **Connie Corner, Patricia Châteauneuf, Jessica Scott**

Circulation, Distribution and Production
VICE-PRESIDENT, CONSUMER MARKETING, ENGLISH MAGAZINES **Christopher Purcell**
SUBSCRIBER ACQUISITION MANAGER **Lisa Rivers**
SENIOR CIRCULATION MANAGER **Kelly Raino**
SUBSCRIBER RENEWAL MANAGER **Doris Chan**
FULFILLMENT MANAGER **Laurie Brooks Smith**
DIGITAL MARKETING MANAGER **Jason Patterson**
DIRECTOR, NEWSSTAND SALES **Pat Strangis**
NATIONAL MARKETING MANAGER **Michael Hughes**
NATIONAL DISTRIBUTION MANAGER **Bernardette Menchise**
MANAGER, TORONTO PRODUCTION **John Palmeri**
PRODUCTION COORDINATOR **Judy Strader**

Transcontinental Media G.P.
transcontinental-media.com
CHAIRMAN OF THE BOARD **Rémi Marcoux**
PRESIDENT AND CEO **François Olivier**
PRESIDENT, MEDIA SECTOR **Natalie Larivière**
SENIOR VICE-PRESIDENT, BUSINESS AND CONSUMER SOLUTIONS GROUP **Pierre Marcoux**
SENIOR VICE-PRESIDENT, MARKETING & 360° SOLUTIONS **Reneault Poliquin**
VICE-PRESIDENT, FINANCE **Haig Poutchigian**

HOMEMAKERS is published nine times per year by Transcontinental Media G.P., 25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7, (416) 733-7600. Printed at Transcontinental Printing G.P. RBW Graphics, 2049 20th St. E., Owen Sound, Ont., N4K 5R2. Distributed by Coast to Coast Newsstand Services. Postage paid at Kitchener, Ont. ISSN 0318-7802 0. Publication mail agreement #40064924. Registration #10635. Return undeliverable addresses to: Homemakers, 25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7. All reproduction requests must be made to: COPIBEC (paper reproductions) – (800) 717-2022; CEDROM-SNi (electronic reproductions) – reproduction@cedrom-sni.com. Cover price: $2.99. Subscriptions in Canada, one year $18 (taxes included). In the United States, one year $30; all other countries, one year $42 (both payable in advance). We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund (CPF) for our publishing activities.

Member of Magazines Canada

TM Trademark. © Mars Canada Inc., 2010. All rights reserved.

fetch

your dog-loving friends. They're going to want to hear this. We've created a dog food with ingredients that help protect and defend your dog's health. New Natural Defense™ premium food for dogs harnesses the power of nature. It contains natural extracts chosen for their scientifically proven benefits. With the help of marigold, myrtle, green-lipped mussels and chicory, along with vitamins, minerals and other trace nutrients, it's a proactive approach to your dog's health. For a healthy, happy dog today and years from today – now isn't that fetching? **Ask more from your dog food.**



naturaldefense.ca







online

What's happening at *homemakers.com*



Healthy eating is easy and delicious right now, when so many fresh fruits and vegetables are in season. Find out which must-have ingredients to put on your list to buy at your local farmer's market this autumn. Visit ***homemakers.com/fallharvest****.*

Sign up and read up to win great prizes!

Get the news about what's happening at homemakers.com by signing up for our monthly e-newsletter. As a newsletter subscriber, you're automatically entered to win exclusive prizes, including this professional garment steamer from T-fal.



Stay connected

We want you to be a part of our cyber world, so join us on the world's most popular social media websites.

On **Facebook** (facebook.com), search for "homemakers.com" to find our page. Then click on Like to get homemakers.com updates in your news feed.

On **Twitter** (twitter.com), follow HomemakersSite and Homemakers_mag for updates from our editors. We'll see you online!

go online for more!

To link to all of the online articles mentioned in this issue, go directly to **homemakers.com/sept2010**.

POLL RESULTS

We asked: What's your greatest financial challenge?

40% Saving for retirement
35% Keeping up with the bills
16% Paying off the mortgage
9% Managing investments

Next poll: What's the best way to conquer a junk food craving?

a. Eat a healthier substitute
b. Tough it out with willpower
c. Give in and get on with it
d. Do something to distract yourself

PHOTOGRAPHY, GETTY IMAGES (TOP LEFT)

TM Trademark. © Mars Canada Inc., 2010. All rights reserved.

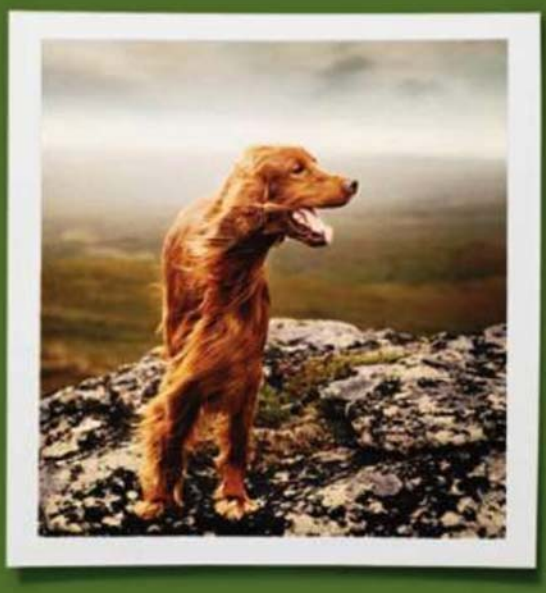
stay

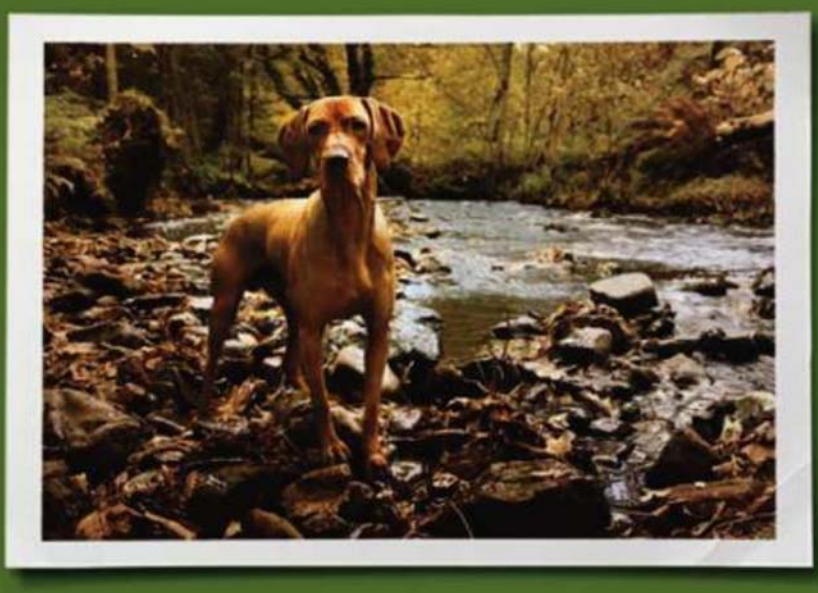
right there. Don't turn the page. There's something you should know about your dog's nutrition. It's called Natural Defense™ premium food for dogs. With ingredients from nature chosen for their scientifically proven benefits, it's a great way to protect and defend your dog's health. Made with natural extracts like marigold, myrtle, green-lipped mussels and chicory – along with vitamins, minerals and other trace nutrients – it uses the power of nature to create a more proactive approach to your dog's nutrition. So healthy and happy is where you'll both stay.

Ask more from your dog food.



naturaldefense.ca





letters

Moose Jaw memories

We were really impressed with your article about Moose Jaw, Sask., "The Little City that Could" (Summer). We've been going to Moose Jaw three times a year for the past five years. It's a real jewel of the Prairies.
– *Shirley and Laszlo Pothe, Winnipeg*



Timely letter

I loved "The Best Time to Do Absolutely Anything" (Summer). Here's an old saying I like: "The best time to plant a tree was 20 years ago. The second best time to plant a tree is now."

And thank you for the inspiring article about Deb Thorn and her faith in the future of Moose Jaw, Sask. We need to keep hearing about how powerful just one person who has hope and conviction can be. Keep up the tremendously good work!
– *Marilyn Erb, Cambridge-Narrows, N.B.*

Flavours of Montreal

Your question, "What's your favourite distinctly Canadian product?" in Contributors (Summer) brought a smile to my face as I remembered growing up in the Mile End district of Montreal in the 1940s and '50s.

When I spoke to my sisters about the article, my sister Mary remembered going to a St-Viateur Bagel shop every Saturday, even after she married and moved. My sister Margaret and I remember a bagel store on Bernard that had bagels hanging in the front windows and a pickle barrel just inside the door.

Margaret now lives in Winnipeg and I live in Connecticut, but whenever we visit Mary in Montreal, we always head to Chenoy's for smoked meat.

Thank you for bringing back fond memories of our childhoods.
– *Evelyn (Kelly) Cairns, Connecticut*

Glad to have you

I moved several years ago and couldn't get my *Homemakers*. I had my sister-in-law save them and send them to me. Dedicated? You bet! I love the recipes.
– *Audria Clark, via homemakers.com*

Tasty success

Every month, I look forward to reading your great articles and trying different recipes. The Poached Chicken with Radish Sauce in "Ravishing Radishes" (June) looked so intriguing that I made it immediately. My husband and I were pleasantly surprised. It's definitely a keeper!
– *J. Peskett, Pitt Meadows, B.C.*

write to us!

Send your letter (with address) to *Homemakers* Magazine, 25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7. Or email it to **letters@homemakers.com**.

your whole life

This month: great ideas to help you ***get organized for fall***

Three things to do in September



1 Start a wine collection

They're not just for wine snobs! Check out our wine column on page 65 for how-tos, plus the season's best buys.

2 Collect seeds for next spring

Shake out a few seeds from the seed heads of your favourite annuals, then store the seeds in a paper bag in a cool, dark, dry place. Have extras? Host a seed swap or trade online at canadiangardening.com/forum.

3 Stay motivated to work out

Buy a watch that shows your distance, speed and heart rate so you can track your progress and celebrate successes. Log your walks and jogs with our fitness tracker at **homemakers.com/sept2010**. >

PHOTOGRAPHY, GETTY IMAGES

Jess tests: wood cleaners

The best way to clean and safeguard wood furniture depends on how it was protected, or finished. Antique furniture may be waxed or oiled, whereas modern furniture is often sealed with polyurethane, which protects it from moisture. These wood-preserving picks are safe for the environment and your health – and they don't compromise on performance. – *Jessica Ross*



Method Wood for Good Wood Surface Cleaner, $6, Canadian Tire and Shoppers Drug Mart

Ideal for sealed furniture, this cleaner uses plant oils to leave a glossy finish. Its bottle is made from 100 per cent recycled plastic.



Clapham's Beeswax Polish, $8, leevalley.com

This beeswax polish works well over bare wood as well as lacquer and urethane. Also try Clapham's finish for salad bowls.



Murphy Oil Soap Original Formula, $3, Canadian Tire and grocery stores

Perfect for gently cleaning sealed wood furniture and floors, Murphy Oil Soap is pleasantly scented with citronella. And it's made with 98 per cent naturally derived ingredients.



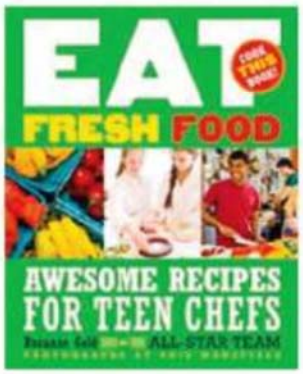
Nature Clean Hardwood and Laminate Floor Cleaner, $7, grassrootsstore.com

Designed to spray directly onto floors for cleanup with a mop or microfibre cloth, this cleaner bears the gold standard of green, Ecologo certification.

Find more great green ideas from Jess by checking out her column, "Eco Logic," at ***homemakers.com/ecologic.*** ***Made in Canada***

Whip up some food smarts

For kitchen novices and seasoned cooks alike, author Rozanne Gold's *Eat Fresh Food: Awesome Recipes for Teen Chefs* (Bloomsbury Kids, $22.50) offers a super way to get two generations working together in the kitchen. Recipes include Warm Lemon-Cumin Chicken on Pita Bread Salad, Crunchy Wasabi-Lime Salmon with Red Cabbage and Sugar Snaps, and Very Moist Zucchini-Banana Cake.





Orderly fashion

Organize your bags once and for all with My Purse Organizer (from $18 at mytagalongs.com), a beautiful multi-pocket insert that keeps everything from cosmetics to cash in place. Once it's packed, simply transfer the whole kit and caboodle from bag to bag. The pouch is just one of many organizational lifesavers from Mytagalongs, a Canadian company founded by Jeannie Vondjidis and Nicole Authier.



Kick start in a cup

If you're having trouble with the transition from the lazy days of summer to a more demanding autumn schedule, go ahead and have a sip of coffee to give you a boost. Researchers in Europe examined the effects of coffee on disease factors such as inflammation (implicated in many disease processes, including heart disease, diabetes and some cancers). Their findings linked coffee to lower levels of inflammatory compounds in the blood as well as higher readings of beneficial HDL cholesterol. Just stop at two cups a day. – *R.S.*

did you know?

For someone making a $50,000 salary, $4,166 worth of time can be lost from being disorganized! Read on at **homemakers.com/organize**.

Smart swap

Instead of having a fast-food sub for lunch, pack a healthy homemade version. Prepare extra raw or grilled veggies and chicken or fish with dinner the night before. Rip some of the centre out of a whole grain sub roll (they often have more bread than you need). Then there's plenty of room for lots of nutritious fixings. – *Rosie Schwartz, RD*



YOU TOLD US: *"What's the worst junk-collecting hot spot in your home, and how do you keep it tidy?"*

Betty Carroll of Port Rowan, Ont., is one of 20 winners who receive a set of Rubbermaid modular canisters, worth $20 each, for their clutter-control tips. To read all 20 readers' responses, please go to **homemakers.com**.

"I pay the bills, so I'm in control of how much clutter they make. I use paperless billing for all my accounts. I scan all medical results, guarantees and credit card bills, then save them in files on my computer. My income tax files are dated and shredded in their seventh year. For a retired bookkeeper, nothing feels better than an up-to-date, clean desk."

NOW TELL US: *What's the best Christmas or holiday gift you've ever received?*



The top 20 winners will receive $20 worth of made-in-Canada plantable stationery products from Botanical Paperworks.

Write to yourwholelife@homemakers.com or "Your Whole Life," Homemakers, *25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7.*

PHOTOGRAPHY, THINKSTOCK (COFFEE, SANDWICHES)

THE OFFICIAL PACE CAR OF REAL LIFE.



MEET THE VEHICLE THAT HANDLES BUSY LIKE NOBODY'S BUSINESS.

With features like available dual DVDs and a media centre that includes CD, DVD, Navigation System, Rear Backup Camera and UConnect™ Hands-Free Phone, Grand Caravan is as adaptable at changing gears as you are*. Also, expect impressive fuel economy and unmatched interior flexibility. There's plenty of room for seven or Stow 'n Go® with fold-flat seating that leaves mega-space to carry anything else life throws your way. When it comes to innovations, Grand Caravan laps the field.



Stow 'N Go Seating



Dual DVD Screens



NAV System

★★★★★ FIVE STAR SAFETY RATING‡

CANADA'S BEST-SELLING MINIVAN, 25 YEARS

DODGE

GRAND CARAVAN

DODGE.CA

*Some features are optional. ‡Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2010 model year Dodge Grand Caravan. See dealer or website for further details.

Health News

By Rosie Schwartz and Janet Rowe



A nap to zap forgetfulness

A siesta boosts your memory! Of 39 volunteers in a California study, those who took 90-minute naps not only scored better on learning tests but also beat their own prenap scores. Stage 2 sleep, the phase between deep sleep and dreaming, is crucial for improving learning, says the study. In stage 2, new memories move into more permanent storage in the brain, making room to absorb more facts.

Watch your mouth
Does your dentist routinely check for signs of oral cancer? It takes two minutes and could save your life. One-third of oral cancer patients die within five years; one in four cases occurs in a person who has never smoked. Learn more at orcanet.ca.



Eat to beat high blood pressure

As more Canadian women are being diagnosed with high blood pressure, many are taking medications. But smart food choices may offer some benefit as well. In a recent British study, people either drank beet juice or took nitrate pills. The nitrates in both reduced everyone's blood pressure within 24 hours. "The hope is that we could advise people to eat vegetables with high nitrate content," author Amrita Ahluwalia told the BBC. So enjoy the fall bounty: Nitrate-rich veggies include not just beets but also leafy greens, celery and radishes.

Free online course helps you live better

Fall often feels like a mini new year – time to set your life in order. The Heart and Stroke Foundation's Healthy Weight Action Plan, a free 12-session online course, is about creating lifelong healthy eating and exercise habits through scientifically proven goal-setting methods. It doesn't count calories, but offers personalized advice in a friendly and positive way. Sign up at heartandstroke.ca. Here are three sample tips.

- Eat more fruit! Enjoy one piece every day for breakfast.
- Try to keep sedentary leisure activities to less than 10 hours per week. Gradually substitute walks or play for TV or Internet time.
- Boost your water intake. Sip a glass with each meal.



PHOTOGRAPHY: ISTOCK (TOP); THINKSTOCK

best bones for life

Good bones are literally the foundation for overall good health. Here's what to do every day, and every decade, of your life to keep your bones strong. By Lisa Bendall

Most women know that they need to pay particular attention to their bone health if they want to stay fit and healthy. But XiaoNan Yu has elevated that to a daily priority.

Slim and striking, XiaoNan, 31, is a principal dancer at the National Ballet of Canada. When she's not performing in productions such as *Swan Lake* or *The Nutcracker,* she spends 30 hours a week rehearsing – a vigorous schedule of leaps, pirouettes and grand pliés. As if that weren't enough of a workout, this busy mom of Ava, 5, also finds time at home to do yoga to stretch the muscles that she doesn't normally work during her ballet routines.

Of course, staying physically fit is essential to XiaoNan's profession. "If we don't take care of our bodies, we don't have the tools we need >

Calcium and vitamin D: a dynamic duo

The benefits of these two nutrients go beyond bone building. Check out these bonuses.

- A diet high in calcium can help you maintain a healthy weight, especially when combined with low-fat foods.
- Calcium can help relieve restless legs at night. It can also ease certain PMS symptoms, such as cramping.
- Vitamin D has been linked to prevention of heart disease and breast cancer, two big threats to women.
- Vitamin D boosts your odds of having a healthy pregnancy and may help your baby develop strong bones.
- Increased physical activity leads to a deeper, better sleep at night, and a happier mood during the day.
- Better bone mass means improved balance and coordination, as well as a lowered risk of falling.

PHOTOGRAPHY, SUSAN ASHUKIAN. HAIR AND MAKEUP, SABRINA RINALDI FOR TRESEMMÉ HAIR CARE/JUDYINC.COM



"It was once thought that bone-density testing was a panacea, but it's not – it's missing the big picture."

– Dr. Gillian Hawker

to put ourselves on stage," she observes. And bones are particularly important. "We're relying on the bones heavily for jumping, moving and pointe work." So, in addition to her daily workouts and yoga, XiaoNan makes a conscious effort to eat balanced meals. She also takes multivitamins and a calcium supplement, snacks on yogurt and cheese, and gets as much rest as she can.

If you're not a ballet dancer, do you still need to think about your bones before you're, say, in your 60s? Absolutely, say the experts. Because the lifelong health of your bones is shaped by the choices you make through every decade of your life, you can do things every day, at every age, to safeguard your skeleton. You might not be dancing the part of the Sugarplum Fairy, but strong bones are vital to looking and feeling vibrant in your own starring role.

Bone up at every age

In your 30s

- Make sure you're getting 1,000 mg of calcium a day.
- If you're not already taking vitamin D, now's the time to start, especially if you're expecting.
- Teach your kids bone-boosting habits by setting an example with your diet and exercise habits.
- If you're a smoker, try to quit.
- Incorporate 60 minutes of physical activity into your day, even if it's in 10- or 15-minute bursts. But mix up your exercises: "Bones stop responding to a stimulus if it is unvarying," says Dr. Gillian Hawker, a rheumatologist at Women's College Hospital in Toronto. So change up your activities to stimulate bone formation.

In your 40s

- Monitor your intake of caffeine and alcohol. These may interfere with your ability to absorb calcium.
- Consider taking calcium supplements as you become perimenopausal. Keep taking vitamin D.
- Start early bone-density screening if you're at a high risk for osteoporosis – that is, if you have a family history of the disease, went through menopause early, have had a smoking habit, or have easily fractured bones.

In your 50s

After menopause, a woman loses about one per cent of her bone mass each year. We can still build bone, but it becomes more difficult to balance against the loss.

- Boost your daily calcium intake to 1,200 mg.
- Increase your intake of vitamin D, because your ability to absorb calcium is declining.
- Your activity interests and abilities may be changing, but keep up that 60 minutes of physical activity. Try to do activities that get you off the ground.
- Avoid sit-ups and other activities that might put pressure on your spine while curving it. These can lead to permanent curvature.



cook for calcium!

Find easy calcium-rich recipes that yield delicious results and better bones at **homemakers.com/calciumrecipes**.

If your mother told you to drink milk because it's good for you, she was right: Our bodies rely on calcium to make healthy bones. We build bone fastest when we're kids, with growth peaking just before adolescence. We lay down bone in our teens and 20s, but the rate slows as we stop growing and leave the hormones of puberty behind.

After 30, the cells that break down bone, called osteoclasts, become more active and it becomes harder for the cells that rebuild bone, osteoblasts, to keep up with our bone remodelling. By menopause, our estrogen levels have dropped, and our kidneys and digestive systems are less efficient at absorbing and conserving calcium. Since we need calcium for muscle and nerve functions, our bodies have a wily solution: steal calcium from our bones.

"Think of it as a bank account," says Dr. Karim Khan, a professor at the University of British Columbia's Centre for Hip Health and Mobility. "You're depositing the most money the most rapidly from age 10 to 12. After menopause, you will withdraw, inevitably. But if you have enough bone stored, that will help stave off osteoporosis."

That's why your 30s, 40s and 50s are all about beefing up what you have. Otherwise, your body will suck calcium out of your skeletal system faster than you can replace it. "We're essentially creating small >

Lighting up is the best habit you can break: "Smoking is a bone poison."

– Dr. Karim Khan

cavities in our bones," says Dr. Dara Maker, a Toronto family physician. "It makes them more porous, which weakens them."

Consuming calcium is one way to make sure your body doesn't borrow from your bones. How much is enough? Canada's Food Guide recommends women ages 19 to 50 have two servings of milk or milk products a day. But that's just 600 mg of calcium. Health Canada advises getting at least 1,000 mg of calcium a day. In addition to dairy foods, we can get calcium from a range of nuts, fruits and vegetables. We can also take a supplement, as XiaoNan does.

Vitamin D offers an easy way to raise calcium absorption. We normally absorb less than half of the calcium in our diets. Vitamin D helps increase that. In midwinter, the average Caucasian woman in Canada has a vitamin D blood level far below the 75 nanomoles per litre target, says Dr. Reinhold Vieth, director of the Bone and Mineral Laboratory at Mount Sinai Hospital in Toronto. "If you don't have enough vitamin D," Dr. Vieth says, "you just don't pull in enough calcium to harden that bone."

In Canada, dairy products are fortified with vitamin D. But research shows we could probably use a lot more. Health Canada is currently reviewing its intake recommendation of 200 IU, which many experts believe is far too low. Dr. Vieth suggests 1,000 IU as a starting point. The bonus? You'll also reap heart health and cancer prevention benefits.

Many substances, on the other hand, make it harder for our bodies to use calcium. Excessive caffeine or alcohol intake can sap our bone strength as can certain drugs, such as corticosteroids. And smoking is bad news for the skeleton. As Dr. Khan puts it: "Smoking is a bone poison." Cutting back on those harmful habits can lead to better bones. >

Top calcium sources

Supplements may have a place beside our plates, but there are many natural sources of calcium, notes Phyllis Reid-Jarvis, a registered dietitian in Winnipeg. "One of the best ways for us to nourish ourselves is to eat real food."

Double up! Try these great pairings for an added calcium punch.

- Steamed broccoli with melted cheese
- Tofu stir-fry with bok choy
- A veggie patty topped with shredded cheese
- Okra with stewed tomatoes

Also note that while the calcium content of vegetables such as broccoli and bok choy is lower than that of dairy products, that calcium is absorbed better by the body, at a rate of 50 per cent compared to 30 per cent.

Food choice	Calcium (mg)
50 g low-fat Cheddar cheese	450
1 can sardines	400
250 mL milk	325
1 cup enriched soy or rice milk	320
150 g tofu	235
75 g canned salmon	210
125 mL rhubarb	185
125 mL spinach	130
60 mL almonds	90
125 mL bok choy	85
125 mL okra	65
1 orange	50
125 mL broccoli	50
125 mL acorn squash	50

For brunettes who'd rather go red.

NEW

GARNIER®
NUTRISSE
Intense Red™



Elisa is wearing Nutrisse Syrah.

INNOVATION: INTENSE, RADIANT RED

Our **red micropigments** penetrate each capillary fibre, for intense colour in just one step, even on dark hair.

Nourished hair, better colour and **100% grey coverage.**

Find your perfect shade at **garnier.ca**

Take care.
GARNIER

Scientists have linked phosphoric acid, found in soft drinks, to bone loss. "For every can [of pop], try to drink one or two glasses of milk."
– Phyllis Reid-Jarvis, RD

Most of us have heard about the importance of weight-bearing exercise for protecting our bones. It's true that activities such as tennis, dancing or running, which give our bones a sudden impulse, will strengthen our bone architecture. Bone cells interpret those impulses as signals that more bone building is needed. But other activities, such as swimming and cycling, also build muscle and improve our balance, posture and brain function. "The reason we worry about bone density is because we're worried about fractures," says Dr. Maker. "If you maintain your posture and balance, and keep your muscles strong, you're less likely to have a fracture."

Just an hour of activity a day is enough to make a difference to your bones, and you can accumulate that hour through the course of the day. "You don't have to be an Olympian," says Dr. Khan.

XiaoNan says her healthy habits are just a part of her daily routine. And she's pleased that little Ava is following in her footsteps, taking her meal cues from mom and copying her yoga poses. "I realize I have to set a good example for her, because kids learn from their parents," XiaoNan says, adding, "I think women should know what's good for their bodies – and not good for their bodies – as early as they can." ***hm***

Bet you didn't know...

Rheumatologist Dr. Gillian Hawker is the physician-in-chief of the department of medicine at Women's College Hospital in Toronto; she directs the Canadian Osteoarthritis Research Program. As the featured speaker at this past May's Healthy You seminar sponsored by* Homemakers *magazine and Women's College Hospital Foundation, Dr. Hawker shared these often suprising facts about osteoporosis.

- It takes osteoclasts two to three weeks to break bone down, but two to three months for the osteoblasts to build it back up again. That's why protecting bone mass and boosting it where possible is so important.
- Bone density, or the quantity of bone mineral in your body, is just one measure of bone health or strength. The other is bone quality, which includes the way your bones are structured and the rates at which they are resorbed and laid down. Though bone density is more easily measured, it is now standard for physicians to base treatment not solely on bone-mineral density results, but also on your assessed risk of fracture.
- Women are more susceptible to fractures. That's because their peak bone mass is lower than that of men and they lose bone more quickly during menopause. After age 50, one in two women will experience a fracture; only one in eight men will.
- Taking calcium and vitamin D can reduce bone loss by about 1 per cent per year.
- It's never too late to take steps to improve your bones. Even women in their 90s can benefit from a tailored diet and the right medication.
- If you are at risk for osteoporosis, avoid exercises (such as some yoga poses) that involve forward bends. These put pressure on the mid- and upper spine, which is prone to osteoporosis.

– Kate Blair

jms®

JUST MY SIZE

comfort

Fits who I am!

"I could never find undergarments that were comfortable or the right fit for my curves. Then I discovered **new Just My Size®**, styled just for me and my amazing body! They enhance the way I look in my clothes, so now I look as fabulous as I feel!"



JMS IS NOW AVAILABLE AT

Walmart

Save money. Live better.



Don't let skin tags annoy you anymore.

Get rid of irritating and distracting skin tags.

Dr. Scholl's® Skin Tag Remover with Derma-Freeze™ technology is an effective doctor-proven method that is easy to use at home. It eliminates skin tags in as little as one treatment.



Product can be used on skin tags of 3 mm or less in diameter.

Find it in the first-aid section. **seeyourselfwithoutskintags.ca**

To be sure this product is right for you, please read and follow the label.

®/™ Schering-Plough Canada Inc. © 2010 Schering-Plough Canada Inc., now part of Merck. All rights reserved.



your diet: mix it up!

Q: How exactly does eating a variety of foods benefit my health?

A: You've heard that a healthy diet is one that is widely varied, and that means eating a wide range of healthy foods, as well as preparing them in many different ways. It's an important habit because eating a variety of foods is typically the best way to meet all of your nutritional needs and fight a long list of ailments.

The number of various nutrients and phytochemicals (disease-fighting compounds available in plant foods) is really quite astounding. Just look at the differences between apples, oranges and bananas, for example. Sure, they're all fruits, but apples are a major source of soluble fibre, have a range of heart-healthy antioxidants and are stellar promoters of artery health.

Among apple varieties, there are varying levels of antioxidants, so it benefits us to enjoy the crunch of many types of apples. But citrus fruits, such as oranges, are much higher in vitamin C than apples. And phytochemicals, such as the bioflavonoids found in citrus, can be potent breast cancer fighters. Apples and citrus fruits don't come close to bananas when it comes to potassium. So you really can't compare apples and oranges – you should have them both, and other fruits as well.

When preparing food, you're modifying what it can offer you, so try having dishes prepared in many different ways. For instance, when you eat 100 grams of raw spinach, you're getting triple the amount of vitamin C that you get when you eat 100 grams cooked. But go ahead and enjoy it cooked as well; you'll better absorb carotenoids such as lutein, the healthy-vision pigment. That's why I recommend eating a spinach salad one day and sautéed spinach with garlic another.

Season your dishes with a variety of herbs and spices to reap health perks as well. Go Mediterranean: Herbs such as rosemary >

Q&A



Registered dietitian ***Rosie Schwartz*** *explains why eating a variety of foods is critically important for good health.*

PHOTOGRAPHY: TRACY SHUMATE (TOP); KEVIN HEWITT (BOTTOM)

contain compounds that may defend against the cancer melanoma. Have Indian fare seasoned with turmeric and you'll get curcumin, the compound that fights other cancers, including breast tumours.

Having a variety of foods is also a way to minimize your intake of various compounds that you should avoid. For example, if you're always eating one particular fruit or vegetable that may contain a certain pesticide, the amount of that pesticide you ingest (and thus the amount that may build up in your body) will be higher than if you eat a range of produce.

Q: If I eat only fruit, can I satisfy the Canada's Food Guide requirement for seven to eight servings of fruits and vegetables?

A: While eating just fruit will satisfy some of your nutrient needs, you will miss out on many disease-fighting compounds. As well, in order to meet your nutritional requirements, you may have to eat larger amounts of fruit. And, if you do that, you'll likely be consuming more calories than if you ate a mix of fruits and vegetables.

While fruits do offer a range of nutrients, including many that promote heart health and protect against cancer, veggies offer a greater mix. For example, the *Brassica* family of vegetables, which includes broccoli, cabbage, cauliflower and arugula, supplies a wide range of cancer-fighting nutrients. Some deactivate cancer-causing substances, while others stop cancer cells from spreading. Even within this plant family, different members fight off cancer differently, making it wise to consume a variety of *Brassica* vegetables.

Nutrients such as folate (vitamin B_9) and vitamin E are also more plentiful in veggies, including dark leafy greens, than in fruit.

Fruit, because of its sweetness, is something that's easy to like at first taste, but a fondness for veggies can be acquired. Research shows that eating just small amounts of vegetables over time can help you develop a liking for them.

Q: I usually eat whole wheat bread and brown rice as my starch choices. Are these healthful whole grains?

A: Keep in mind that not all products labelled as whole wheat are actually whole grains. Some are missing much of the germ, a part of the grain kernel that contains antioxidants. Look for whole wheat products that also state that they contain "whole grain." Try adding wheat berries, bulgur or whole wheat couscous to your menu.

As with other plant foods, different grains supply unique advantages. While whole wheat is well known for its insoluble fibre (something our diets are often short of), barley contains valuable blood cholesterol–lowering soluble fibre. And if you would like to improve your heart health, barley can actually suppress cholesterol production in the body in a manner similar to the way some medications do. Soluble fibre is also a great aid in regulating blood sugar levels.

Oats are another grain with a super blood cholesterol–lowering reputation because of the type of soluble fibre they contain, called beta-glucan. But they're also packed with compounds called avenanthramides, which help reduce inflammation, a factor in heart disease and some cancers. I now recommend that everyone eat foods that counter inflammation.

Other whole grains to incorporate into your diet include rye, amaranth and, of course, popcorn. Each type of grain offers its own unique benefits.

And there are even a couple of grain imposters you might want to try. Quinoa and buckwheat are not true grains (they're actually seeds), but you can cook with them just like you do grains, and they offer a couple of ways to add healthy diversity to your meals. ***hm***

colour your plate

Get inspired to eat a nutritious, colourful range of foods with the visual cues in our slide show at **homemakers.com/colourmehealthy**.

Missing Out?

Don't let your overactive bladder get in the way of your active life.

If you find that your frequent trips to the bathroom are limiting your day-to-day life, you may be one of the many Canadians who suffer from Overactive Bladder or OAB. Symptoms of OAB may include frequent, intense, sudden urges to go to the bathroom, leakage due to urgency, and going to the bathroom several times each night.

OAB is not a normal part of aging, but it is a common and very treatable medical condition.

To help give your doctor a clear picture of whether or not you might be suffering from this condition, take our V8 Overactive Bladder Assessment Questionnaire now.



HOW BOTHERED HAVE YOU BEEN BY...	Not at all	A little bit	Somewhat	Quite a bit	A great deal	A very great deal
1. Frequent urination during the day?	0	1	2	3	4	5
2. An uncomfortable urge to urinate?	0	1	2	3	4	5
3. A sudden urge to urinate with little or no warning?	0	1	2	3	4	5
4. Accidental loss of small amounts of urine?	0	1	2	3	4	5
5. Nighttime urination?	0	1	2	3	4	5
6. Being woken up at night because you had to urinate?	0	1	2	3	4	5
7. An uncontrollable urge to urinate?	0	1	2	3	4	5
8. Urine loss associated with a strong urge to urinate?	0	1	2	3	4	5
Are you a male? Yes ◯	If male, add **2** points to your score					
Please add up your responses to the questions above						

If your score is 8 or more, you may have an overactive bladder. But the good news is, there are effective treatments available – so **speak to your doctor today.**

For more information, visit **www.overactivebladder.ca** or call **1-877-662-2825**.

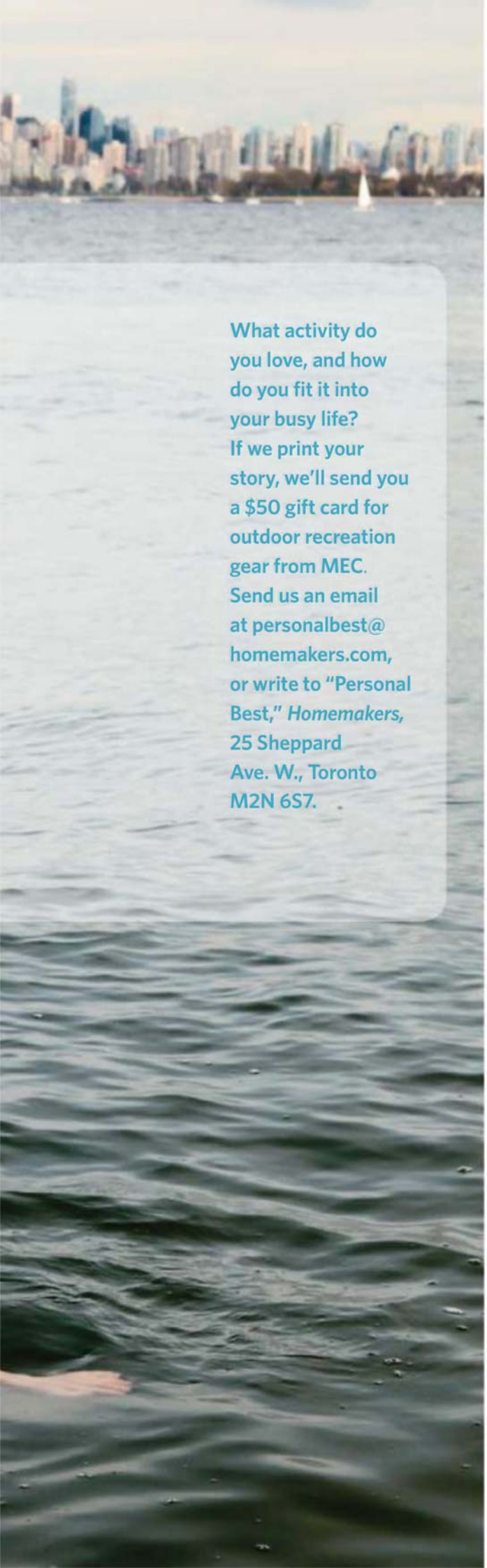
Sponsored by one of Canada's leading research-based pharmaceutical companies.

BREAK FREE FROM THE BATHROOM.

personal best

Jaye Kerzner was always game for exercise – if she could fit it into her schedule. About 10 years ago, however, the busy 52-year-old mom and nurse in Vancouver realized she had to work to make it work. Spurred by a disconcerting photograph of herself in a bathing suit (who hasn't been there?), she turned to her favourite activity: swimming. As told to Lesley Young





What activity do you love, and how do you fit it into your busy life? If we print your story, we'll send you a $50 gift card for outdoor recreation gear from MEC. Send us an email at personalbest@homemakers.com, or write to "Personal Best," *Homemakers*, 25 Sheppard Ave. W., Toronto M2N 6S7.

PHOTOGRAPHY: MARK MUSHET

My story

I've never been averse to physical exercise; throughout my undergrad at university and the early years of my marriage, I was fairly active. But a move to Vancouver and my studies for a master's degree in nursing threw me off. Gradually, I put on a layer of blubber. Then, when I was 40, I saw a picture of myself in a swimsuit from behind. I was spilling out everywhere! I thought, How did this happen? I started running and swimming laps occasionally at a pool (I've always loved swimming). When I joined an adult swim club, it became my main form of exercise.

What motivates me

Swimming on my own just doesn't inspire me to push myself as hard as I do when I'm working with a coach in an adult swim program. In my masters swimming program, I get feedback on my technique and I get an incredible aerobic workout through timed sets, during which we use the clock to vary our speed and intensity, which keeps swimming exciting. Plus, I'm lucky: The view from the amazing outdoor pool I use in the summer is spectacular. Watching the sun rise over the mountains is motivation for me.

My activity

In the summer, I swim twice a week with my club in an outdoor pool in downtown Vancouver. I also swim in the ocean five days a week with a couple of other swimmers. That is a totally different experience because you're more buoyant and the water is cooler. In the winter, I swim with my club three times a week at an indoor pool.

A lot of people think swimming is boring, but there's so much to focus on technically, such as whether your abs are engaged or you're keeping your elbows high. Plus, when you learn to swim properly, there is a kind of Zen feeling. Your arms and legs work in a rhythm and there's a wonderful feeling of synchronicity. >



Jaye Kerzner at Jericho Beach, Vancouver

Making it fit

I get up at 4:45 a.m. I set the coffeemaker on a timer as a lure to get me out of bed. Getting exercise at that time is stress-free and guaranteed, since my daughter and husband are fast asleep. It took a couple of weeks to get used to, but it is such a beautiful feeling heading to the pool when the city is all quiet and dark.

The payoff

I feel good. My back and upper body are quite strong. Swimming is also like a sanctuary for me. When my dad was really sick a few years ago, the water was the only place I could go to feel totally relaxed. I love the feeling of the water around my body, and the sounds of bubbles, my breathing and the odd little splash. ***hm***

Your turn

Because swimming is not a weight-bearing exercise, it is a terrific aerobic activity anyone can do. Jaye Kerzner notes that a few 80-year-olds swim at her pool, and says, "I plan to swim into my 90s."

How to get started

There are two types of adult swim programs. A masters program is certified with a provincial swimming association and tends to attract competitive-level (often triathlon) swimmers. Privately run and operated adult swim clubs, such as Jaye's club, Fastlane Fitness, often attract people with a wide range of experience levels. (Make sure the coach is certified.) Start by looking at your local pool or YWCA, says Fastlane owner KC Emerson, who is a certified swim coach and human kinetics instructor at Langara College in Vancouver. The cost of an adult swim program will vary depending on how often you go. But, on average, three times a week for three months costs between $175 and $275 total. If you haven't swum in a while, Emerson suggests you take a few lessons (offered at most swimming pools) before joining a club to prevent you from forming bad habits in the club setting. Public lessons are about $15 per hour; private or semiprivate lessons are about $50 per hour.

Keep in mind

- If you don't receive any personal attention from the coach in a swim program after the first few sessions, you may want to look into another club.
- Don't waste energy worrying about what you look like in your bathing suit. The walk from the change room to the pool is short!
- Swimming is like golf: Don't expect to ever master your technique. "After 40 years, I still have stuff to work on," says Emerson.
- Supplement your exercise with a weight-bearing activity, such as weight training or power walking. Weight-bearing exercise is crucial for bone strength and warding off osteoporosis.

NEW NORDIC

I unjunked my body!



"I was having a hard time losing those stubborn extra pounds and I was tired a lot, which showed in my face. So when I came across a Biofirm story in the local newspaper, it made me curious.

It definitely made sense to me that we get tired and bloated from too many toxins in our foods and from our environment. But I didn't know that it made us gain weight! So I purchased a box of Biofirm and took the recommended 6 tablets a day for a month with lots of water and high-fibre foods. I was determined to unjunk my body!"

I lost 11 pounds on the detox!

"In the first 4 weeks I lost 7 pounds. I definitely felt lighter and my skin was looking great – I was glowing! I had read that it could be unpleasant to take Biofirm but I actually enjoyed it, especially because you are still able to do your daily duties. You don't have to stay home or do it on the weekends.

After the 30 days detox, I wanted to continue, so I bought another 14 days of tablets. Again, I lost another 4 pounds and my clothes were getting very loose! I was thrilled - and the great part is that I didn't have to exercise vigorously for 6 weeks!!"

– Line B., Ottawa

DETOXING: A GREAT WAY TO START A HEALTHIER LIFE

Everyday, our bodies are exposed to toxins from the air we breathe, the water we drink and especially the processed foods we eat. If our bodies get overburden with toxins, our liver suffers and we start seeing the effect on our health; Our skin is affected, we get tired, we retain water, get headaches, digestion problems, bad breath and find it especially hard to lose weight.

Researchers have now discovered the biological cause of those stubborn pounds; Toxic particles bind water in the bodies' soft tissue and inhibit your metabolism from burning fat efficiently. The Conclusion: To lose weight, you must first cleanse your body!

Biofirm is a product from New Nordic, a Scandinavian company dedicated to innovative, natural health products that can contribute to a long, healthy and active life. Look for the Silver Tree logo - your guarantee for high quality.

DO YOU NEED **A DETOX?**

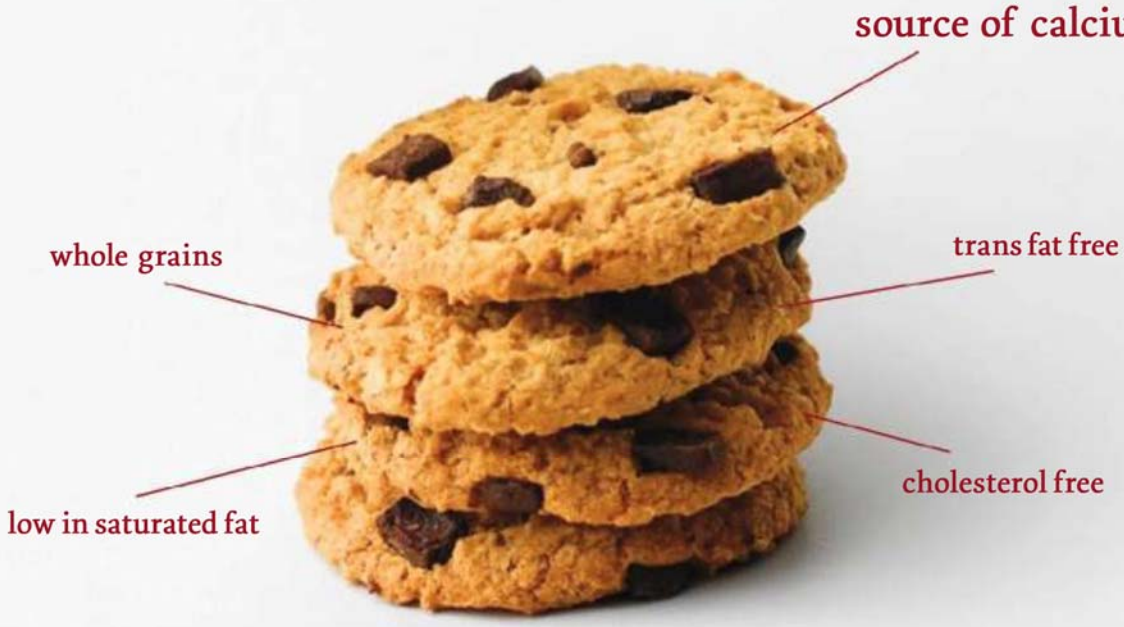
	YES	NO
Are you often tired?	■	■
Do you get headaches frequently?	■	■
Do you have a hard time losing weight?	■	■
Are you bloated or retaining water?	■	■
Mental cloudiness?	■	■
Is your skin getting bad?	■	■

These symptoms above are some of the most common signs of toxic overload, and detoxing once or twice a year is often recommended as a solution. In a recent study of 116 women in the UK, 70% were satisfied or very satisfied with the results from their Biofirm detox.



Biofirm™ is available at leading pharmacies and health food stores. For more information, please call 1-877-MY NORDIC (696-6734) or visit us at **www.newnordic.ca**

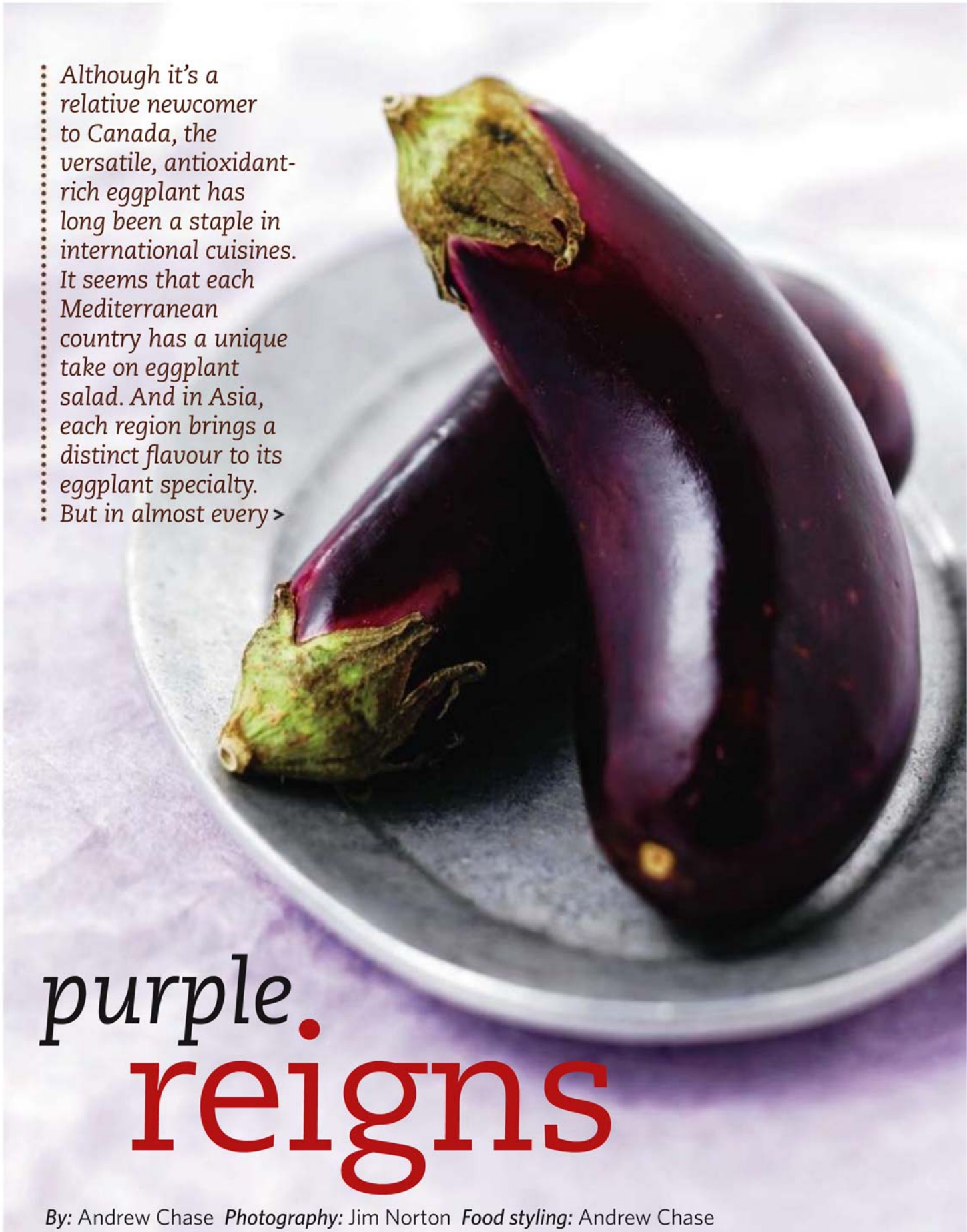
They still taste bad for you.





The COOKIE Reinvented

Simple Pleasures



Although it's a relative newcomer to Canada, the versatile, antioxidant-rich eggplant has long been a staple in international cuisines. It seems that each Mediterranean country has a unique take on eggplant salad. And in Asia, each region brings a distinct flavour to its eggplant specialty. But in almost every >

purple. reigns

By: Andrew Chase *Photography:* Jim Norton *Food styling:* Andrew Chase
Prop styling: Catherine Doherty *Nutrition intro:* Rosie Schwartz, RD

dish, the eggplant is cooked. It may be a case of the wisdom of the ages: Recent research shows that heating eggplant unleashes significantly more antioxidants (such as the pigment anthocyanin found in its purple skin) than using it raw. Other compounds found in the flesh, called phenols, defend against a range of diseases. These substances prevent cholesterol from oxidizing, making it less likely to be deposited in artery walls. They also help defend against diabetes and high blood pressure. Finally, eggplant's fibre – about 3 grams in a 1-cup, 33-calorie cooked serving – reduces artery-clogging LDL cholesterol and promotes better blood-sugar regulation.

If you are like many Canadians, you enjoy eggplant dishes when you eat out but perhaps seldom cook the vegetable at home. Here are your favourite restaurant dishes made easy to enjoy whenever you want.

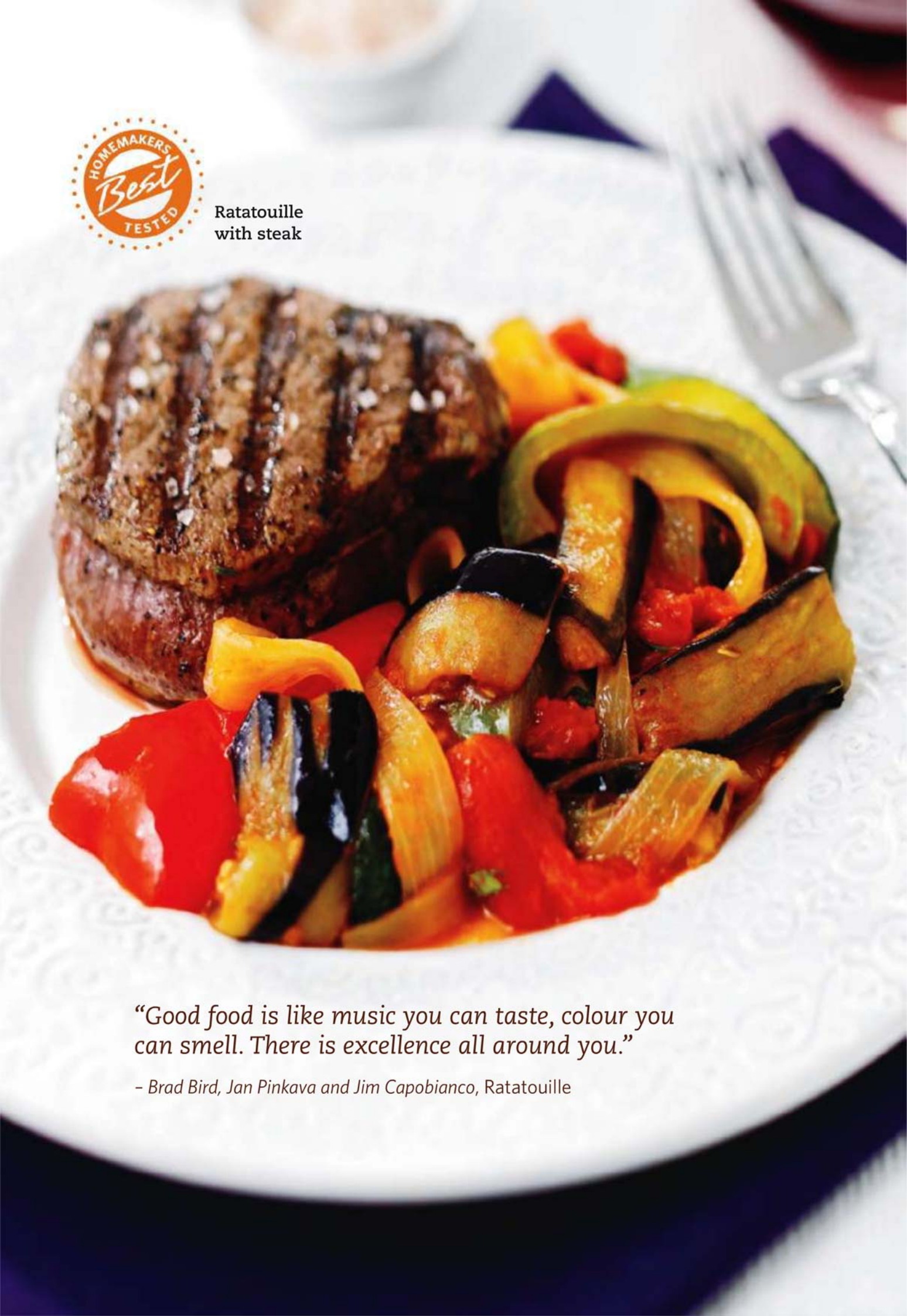
Ratatouille

A simple French restaurant side (especially common with grilled meats), ratatouille is a Niçois classic. When it's made well, it is a lovely dish; the vegetables' flavours mingle well but still remain distinct (do not let it cook to a homogenized mush). It's better to use shepherd and Cubanelle peppers rather than bell peppers, which tend to overwhelm the other flavours.

1 eggplant (about 1 lb/500 g)
1½ tsp / 7 mL salt
3 small zucchini (about 12 oz/375 g)
3 sprigs parsley
5 sprigs thyme
1 bay leaf
¾ cup / 175 mL olive oil
2 cups / 500 mL sliced Spanish or white onions
1 sweet green pepper, cut in ¾-inch/2 cm slices
1 sweet red pepper, cut in ¾-inch/2 cm slices
3 cloves garlic, minced
1 lb / 500 g ripe tomatoes, peeled, seeded and cut in strips
¼ tsp / 1 mL black pepper

- Peel off half of the eggplant skin in alternating lengthwise strips. Halve eggplant; remove loose seeds and any foamy core. Cut into 2- x ¾- x ¾-inch/5 x 2 x 2 cm batons. Sprinkle with ½ tsp/2 mL of the salt; toss to coat. Halve zucchini lengthwise; cut crosswise into 2-inch/5 cm pieces. Sprinkle with ½ tsp/2 mL of the salt; toss to coat. Let eggplant and zucchini stand, separately, for 30 minutes. Fold eggplant in clean kitchen towel; press out excess moisture. Repeat with zucchini. With kitchen string, tie parsley, thyme and bay leaf to make a bouquet garni; set aside.
- In skillet, heat oil over high heat; fry eggplant and zucchini in batches until light golden, transferring to colander or paper towel–lined plate to drain excess oil. Pour off all but 3 tbsp/45 mL of oil from pan; reduce heat to medium. Add onions; fry until soft. Add green and red peppers; fry until tender-crisp. Stir in garlic; cook for 1 minute. Stir in tomatoes, remaining salt and pepper; add bouquet garni and cook until tomatoes begin to give off liquid. Return eggplant and zucchini to pan. Bring to simmer; cover and cook over medium-low, stirring occasionally, until vegetables are tender but not falling apart, about 20 minutes. Remove bouquet garni. *Makes 6 servings.*

Per serving: about 137 cal, 2 g pro, 9 g total fat (1 g sat. fat), 15 g carb, 4 g fibre, 0 mg chol, 388 mg sodium, 418 mg potassium. % RDI: 3% calcium, 6% iron, 17% vit A, 92% vit C, 15% folate. >



Ratatouille
with steak

"Good food is like music you can taste, colour you can smell. There is excellence all around you."

– *Brad Bird, Jan Pinkava and Jim Capobianco,* Ratatouille

"Chili, spice of red Thursday, which is the day of reckoning. Day which invites us to pick up the sack of our existence and shake it inside out." - *Chitra Banerjee Divakaruni*

HOMEMAKERS Best TESTED

Thai Spicy Eggplant with Basil



irresistible eggplant recipes

Learn about nine eggplant varieties and bump up your intake of this healthy vegetable with 10 terrific eggplant recipes at **homemakers.com/eggplantrecipes**.

Thai Spicy Eggplant with Basil

A popular Thai restaurant dish, this Thai-Chinese stir-fry is satisfyingly sweet, tart, hot and intensely fragrant with Thai basil and garlic. Serve with rice.

12 oz / 375 g Asian eggplant (about 2 eggplants)
2 tbsp / 30 mL oyster sauce
2 tbsp / 30 mL rice vinegar
1½ tbsp / 22 mL granulated sugar
1 tbsp / 15 mL soy sauce
1 cup / 250 mL peanut or vegetable oil
2 cloves garlic, minced
1 tbsp / 15 mL thinly sliced Thai bird's eye chilies or 2 tbsp/30 mL finely chopped hot finger peppers
Half small onion, sliced
1 small sweet red pepper (such as shepherd) or half red bell pepper, thinly sliced
1 tsp / 5 mL cornstarch
½ cup / 125 mL loosely packed Thai basil leaves

- Slice eggplants on bias into ½-inch/1 cm thick slices. Mix together 3 tbsp/45 mL water, oyster sauce, rice vinegar, sugar and soy sauce. Set aside.
- In wok over high heat, heat oil until hazing over top; fry eggplants, stirring often, until golden and tender, about 2 minutes. Pour into colander over heatproof bowl; let drain.
- In wok over medium-high heat, heat 1½ tbsp/22 mL of the drained oil. Add garlic and chilies; fry for 30 seconds. Add onion and red pepper; stir-fry for 2 minutes. Add drained eggplant; stir, then add oyster sauce mixture. Stir-fry until liquid is reduced by half. Mix cornstarch with 2 tsp/10 mL water; add to pan and stir-fry until sauce is thickened. Stir in basil; transfer immediately to serving dish. *Makes 4 to 6 servings.*

Per each of 6 servings: about 135 cal, 1 g pro, 10 g total fat (2 g sat. fat), 11 g carb, 2 g fibre, 0 mg chol, 313 mg sodium, 118 mg potassium. % RDI: 1% calcium, 2% iron, 7% vit A, 40% vit C, 5% folate.

Broiled Eggplant with Miso-Mustard Dressing

This Japanese favourite is made in various ways. The eggplant can be blanched, grilled or broiled and the dressing can be cold, as it is here, or heated with the eggplant. Unlike this recipe, some versions are very sweet, while all are salty because of the miso. The dressing recipe amount, based on using one egg yolk, cannot be reduced. But you can use the extra dressing to top other vegetables, to spread lightly over fish before broiling or to make Low-Fat Miso-Dressed Salad (recipe, page 40).

2 tsp / 10 mL hot dry mustard powder
1½ tsp / 7 mL soy sauce
½ tsp / 2 mL rice vinegar (preferably aged)
1 lb / 500 g Asian eggplant (2 or 3 eggplants)
4 tsp / 20 mL sesame oil
1 tsp / 5 mL toasted sesame seeds

Basic Miso Dressing

1 cup / 250 mL shiro miso (white miso paste)
½ cup + 1 tbsp / 140 mL granulated sugar
½ cup / 125 mL sake
1½ tbsp / 22 mL dark Chinese rice wine or dry sherry (optional)
1 egg yolk

- **Basic Miso Dressing:** In small saucepan over medium heat, whisk together miso, sugar, sake and Chinese rice wine (if using); bring to boil. Reduce heat to low and simmer, stirring often, for 20 minutes. Remove from heat. Whisk in egg yolk. Place pan in bowl of cold water and continue whisking until lukewarm. Let cool. *Makes 1¼ cups/300 mL.*
- Mix mustard powder with 1 tbsp/15 mL water; let sit 10 minutes. Whisk together with ¼ cup/60 mL of the Basic Miso Dressing (save remainder for other uses), soy sauce and rice vinegar. Set aside.
- Cut eggplants in half lengthwise. If using 3 eggplants, halve again crosswise; if using 2 eggplants, cut each into 3 sections. Brush cut sides with oil.
- Place under broiler and cook until tops are golden and eggplant is just tender when pierced, about 5 minutes. Transfer to serving plate; top with miso-mustard mixture and sprinkle with sesame seeds. *Makes 4 to 6 servings.*

Per each of 6 servings: about 96 cal, 2 g pro, 4 g total fat (1 g sat. fat), 13 g carb, 2 g fibre, 7 mg chol, 418 mg sodium, 119 mg potassium. % RDI: 1% calcium, 4% iron, 1% vit A, 2% vit C, 6% folate. >

Low-Fat Miso-Dressed Salad

With the extra Basic Miso Dressing from the Broiled Eggplant with Miso-Mustard Dressing, you can make a wonderful, low-fat oil-less salad dressing, just like those served at many good Japanese restaurants.

¼ cup / 60 mL Basic Miso Dressing (recipe, page 39)
1½ tbsp / 22 mL rice vinegar
1 tsp / 5 mL Dijon or other mild prepared mustard
8 cups / 2 L mixed salad greens

- Whisk together Basic Miso Dressing, rice vinegar and mustard. Toss with greens. *Makes 4 to 6 servings.*

Per each of 6 servings: about 51 cal, 2 g pro, 1 g total fat (trace sat. fat), 9 g carb, 2 g fibre, 7 mg chol, 371 mg sodium, 240 mg potassium. % RDI: 5% calcium, 6% iron, 16% vit A, 17% vit C, 29% folate.

Variation: Miso Dip for Vegetable Crudités Make dressing as above; whisk in ½ cup/125 mL mayonnaise, 1 tbsp/15 mL toasted sesame seeds and 1 tsp/5 mL sesame oil. *Makes about 1 cup/250 mL.*

Per 1 tbsp/15 mL: about 93 cal, 1 g pro, 8 g total fat (1 g sat. fat), 4 g carb, trace fibre, 7 mg chol, 229 mg sodium, 19 mg potassium. % RDI: 1% calcium, 1% iron, 1% vit A, 1% folate.

Eggplant Parmigiana

In North American Italian restaurants, eggplant parmigiana is usually slathered with tomato sauce and mozzarella cheese. The original is more like this recipe: There's less sauce, and only Parmesan cheese flavours the breading and is tucked between the eggplant slices.

2 lb / 1 kg eggplant (about 2 eggplants)
1¼ tsp / 6 mL salt
1 cup / 250 mL all-purpose flour
5 eggs, beaten
2⅓ cups / 575 mL dried bread crumbs
1¼ cups / 300 mL finely grated Parmesan cheese
1½ tsp / 7 mL fennel seeds, ground
1½ tsp / 7 mL dried oregano, crumbled
½ tsp / 2 mL black pepper
½ cup / 125 mL (approx) olive oil
3 tbsp / 45 mL lightly packed coarsely chopped basil leaves

Tomato Sauce

3 tbsp / 45 mL olive oil
2 cloves garlic, smashed
½ tsp / 2 mL salt
3 tbsp / 45 mL lightly packed coarsely chopped basil leaves
3 lb / 1.5 kg ripe tomatoes, chopped, or 2 cans (796 mL each) whole tomatoes, drained
¼ tsp / 1 mL wine vinegar
Pinch granulated sugar

- Peel off half of the eggplant skin in alternating lengthwise strips. Cut each eggplant crosswise into ½-inch/1 cm thick rounds. Sprinkle with salt. Let stand 30 minutes. Place eggplant between tea towels and forcefully press out liquid.
- **Tomato Sauce:** Meanwhile, in saucepan, heat oil over medium heat. Add garlic and salt; fry until golden. Discard garlic. Add basil; fry until fragrant, about 20 seconds. Stir in tomatoes, vinegar and sugar; simmer over medium-low heat until tomatoes are soft and breaking apart, about 20 minutes. Run through food mill or force through sieve, discarding seeds and skins.
- In two shallow bowls, place flour and eggs. Mix bread crumbs with ¾ cup/175 mL of the Parmesan cheese, fennel seeds, oregano and pepper; place in shallow bowl. Coat each eggplant slice in flour; dip in egg, allowing excess to flow off, then coat in bread crumb mixture. In skillet over medium-high heat, heat ¼ cup/60 mL of the oil and fry eggplant slices in batches until golden brown (cleaning out skillet and adding more oil as necessary). Drain on paper towels.
- Spread ½ cup/125 mL of the Tomato Sauce on bottom of 13- x 9-inch/33 x 23 cm or comparable-size baking dish. Place a single layer of eggplant over sauce. Top with about ¾ cup/175 mL of the sauce; sprinkle with a third of the remaining Parmesan cheese and half of the basil. Repeat with another layer of eggplant, ¾ cup/175 mL sauce, a third of the cheese and remaining basil. Cover with remaining eggplant, sauce and cheese. Bake, uncovered, in centre of 375°F/190°C oven until sauce is bubbling and centre is piping hot, 25 to 30 minutes. *Makes 8 to 12 servings.*

Per each of 12 servings: about 262 cal, 9 g pro, 16 g total fat (4 g sat. fat), 21 g carb, 3 g fibre, 61 mg chol, 471 mg sodium, 394 mg potassium. % RDI: 13% calcium, 12% iron, 12% vit A, 23% vit C, 22% folate. >



New KRAFT Refrigerated Dressings are made with our finest ingredients like aged asiago cheese, extra virgin olive oil, and sweet shallots all combined in totally flavourful ways. Try all six, including Asiago Caesar, Barbeque Ranch and Raspberry Poppyseed. Look for them in the produce section and turn up the flavour on your salads today.

theSaladReMixed, that's **pure KRAFT**

Chinese Garlic Eggplant with Tofu

This Sichuan specialty, Yuxiang Qiezi, is traditionally made without tofu, but Canadian restaurants often add it. Buy the hot bean paste and ground Sichuan pepper from a Chinese grocery store; there are really no substitutes. Serve with rice.

12 to 16 oz / 375 to 500 g Asian eggplant (2 or 3 eggplants)
1 tbsp / 15 mL soy sauce
1 tbsp / 15 mL rice vinegar (preferably black or other aged rice vinegar)
2 tsp / 10 mL Chinese rice wine or dry sherry
1 tsp / 5 mL granulated sugar
¼ tsp / 1 mL ground Sichuan pepper
3 green onions
3 tbsp / 45 mL peanut or vegetable oil
3 tbsp / 45 mL hot bean paste
1 tbsp / 15 mL minced fresh gingerroot
6 oz / 175 g ground pork
¼ tsp / 1 mL white pepper
4 cloves garlic, minced
1 cup / 250 mL light chicken or pork stock or water
8 oz / 250 g regular (medium) tofu, cubed and drained
1 tsp / 5 mL cornstarch
1 tsp / 5 mL sesame oil

- Fill wok half-full of water; over high heat, bring to boil. Add whole eggplants and boil, turning occasionally, until just a little tender when pinched, 3 to 4 minutes. Drain in colander; let cool. Cut into ½-inch/1 cm thick slices.
- In bowl, mix together soy sauce, rice vinegar, rice wine, sugar and Sichuan pepper. Mince white and light green parts of green onions; thinly slice dark green parts. Set aside.
- In wok, heat oil over medium-high heat; fry hot bean paste, stirring, until oil becomes red, 1 to 2 minutes. Add white and light green parts of green onions and ginger; stir-fry until fragrant, 1 to 1½ minutes. Add pork and white pepper; stir-fry until golden brown, 3 to 4 minutes. Stir in garlic; fry for 30 seconds. Stir in soy sauce mixture. Stir-fry until almost all liquid is incorporated. Add stock; bring to boil. Add eggplant and tofu. Cook, stirring occasionally without breaking up tofu, until liquid is reduced by half.
- Mix cornstarch with 2 tsp/10 mL water; stir into wok and cook until sauce is lightly thickened. Stir in sesame oil and dark green parts of green onions. Transfer immediately to serving dish. *Makes 4 to 6 servings.*

Per each of 6 servings: about 215 cal, 10 g pro, 14 g total fat (3 g sat. fat), 9 g carb, 2 g fibre, 17 mg chol, 653 mg sodium, 267 mg potassium. % RDI: 5% calcium, 18% iron, 2% vit A, 5% vit C, 14% folate.

Baba Ghanoush

One eggplant dish that everyone loves is this famous dip, served in practically every Middle Eastern restaurant in North America. This is the basic recipe. I often like to add a head of roasted garlic, as its mellow taste melds with the rich flavour of the roasted eggplant. Garnish Baba Ghanoush with a few black olives, a handful of pomegranate seeds or some chopped parsley. Serve with pita bread.

2 medium eggplants (about 1½ lb/750 g)
2 cloves garlic
1 tsp / 5 mL salt
¼ cup / 60 mL lemon juice
3 tbsp / 45 mL tahini paste
3 tbsp / 45 mL extra-virgin olive oil
Pinch cayenne pepper
¼ tsp / 1 mL paprika

- Pierce skin of each eggplant a few times; roast on baking tray in 400°F/200°C oven until flesh is very tender when tested with fork, 40 to 45 minutes. Slit each eggplant open lengthwise; let cool. Meanwhile, mince garlic. On cutting board, sprinkle garlic with salt; using side of knife, scraping back and forth, mash into paste.
- Scrape eggplant flesh from skin; place flesh in food processor or bowl and mix with lemon juice, tahini paste, half of the oil, cayenne and garlic mixture. Pulse or mash with fork until smooth. Transfer to plate or serving dish. Drizzle with remaining oil and sprinkle with paprika. *Makes 1¾ cups/425 mL.*

Per 1 tbsp/15 mL: about 27 cal, trace pro, 2 g total fat (trace sat. fat), 2 g carb, 1 g fibre, 0 mg chol, 84 mg sodium, 24 mg potassium. % RDI: 1% calcium, 1% iron, 2% vit C, 1% folate. ***hm***



®©2010, Trademark of Kellogg Company used under licence by Kellogg Canada Inc.

DOCTORS RECOMMEND *BOOST*®

I'm totally serious – about my nutrition.

To keep up with my granddaughter's imagination,
I choose the complete nutrition of *BOOST* everyday.





helps you
be your best.

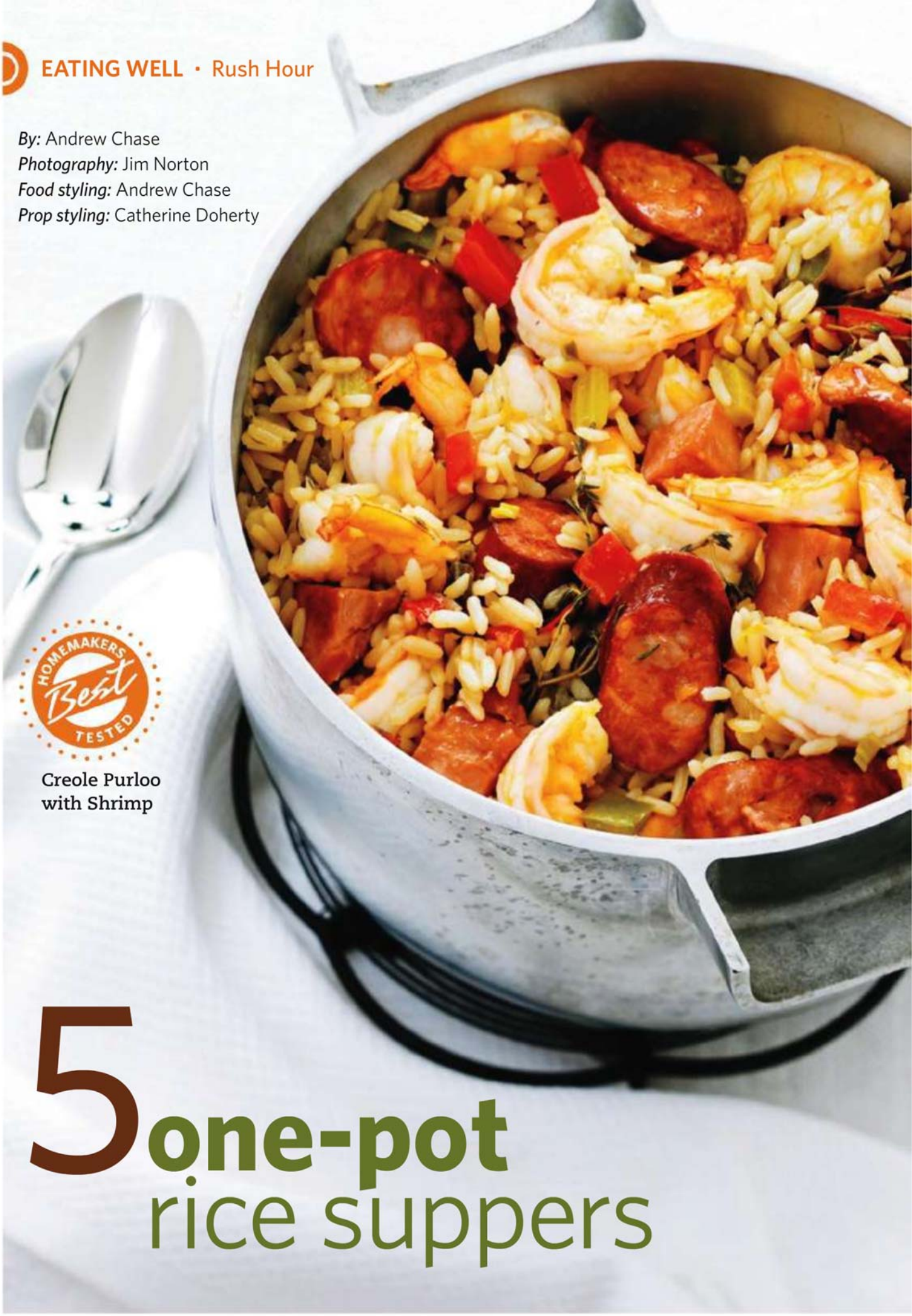
Great tasting *BOOST* provides you with:

- Calcium and vitamin D for strong bones
- 10g of muscle-building protein
- 26 essential vitamins and minerals

Nestlé Nutrition

© 2010 All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

By: Andrew Chase
Photography: Jim Norton
Food styling: Andrew Chase
Prop styling: Catherine Doherty



HOMEMAKERS Best TESTED

Creole Purloo with Shrimp

5 one-pot rice suppers

1 Creole Purloo with Shrimp

Purloo is what Southerners in the U.S. call their version of pilaf. As with most of the region's cooking, the dish is flavourful and satisfying. Serve with hot sauce.

3 tbsp / 45 mL lard, butter or oil
5 green onions, thinly sliced
2 stalks celery, diced
Half red bell pepper, diced
Half green bell pepper, diced
2 hot peppers, seeded and minced
1 clove garlic, minced
1 bay leaf
Pinch salt
1½ cups / 375 mL long-grain rice, rinsed and drained
6 oz / 175 g chorizo, sliced (generous 1 cup/250 mL)
6 oz / 175 g ham, cut in ½-inch/1 cm cubes (about 1 cup/250 mL)
3 sprigs fresh thyme or ¾ tsp/4 mL dried thyme
2 cups / 500 mL chicken stock
4 tsp / 20 mL Worcestershire sauce
12 oz / 375 g shrimp, peeled and deveined

- In large saucepan, heat half of the lard over medium heat; fry green onions, celery, red pepper, green pepper, hot peppers, garlic, bay leaf and salt until vegetables are tender, about 5 minutes. Transfer to bowl.
- In same saucepan, heat remaining lard; add rice and cook, stirring, for 3 minutes. Add chorizo, ham and thyme; fry, stirring, for 1 minute. Stir in vegetable mixture. Add stock, 1 cup/250 mL water and Worcestershire sauce. Bring to boil. Cover pan; reduce heat to just maintain a low simmer and cook (without uncovering) for 25 minutes.
- Uncover and check if all liquid has been absorbed and rice is tender; if not, cover and continue cooking for up to 10 minutes more. With fork, carefully stir in shrimp. Cover and cook until shrimp is no longer opaque in centre, 4 to 6 minutes, depending on size of shrimp. *Makes 6 servings.*

Per serving: about 476 cal, 28 g pro, 21 g total fat (8 g sat. fat), 43 g carb, 2 g fibre, 111 mg chol, 868 mg sodium, 544 mg potassium. % RDI: 6% calcium, 20% iron, 8% vit A, 48% vit C, 10% folate.

2 Vegetable Pulao

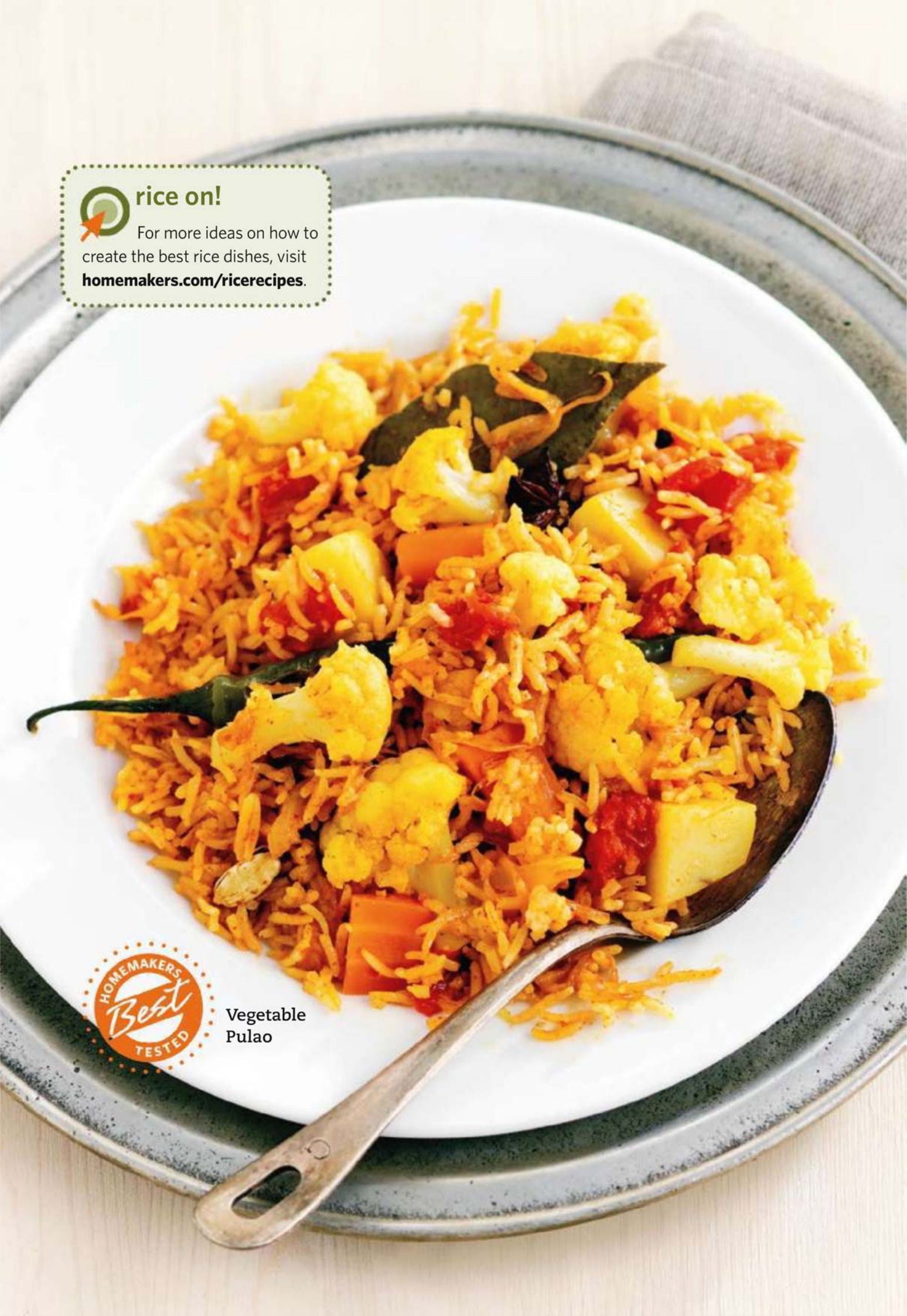
Savoury rice dishes are called pulao in India. Here is a vegetarian version with three vegetables that are favourites in the north of the country: cauliflower, carrots and potatoes. You could substitute or add other vegetables, such as green beans, okra or eggplant.

1½ cups / 375 mL basmati rice
3 tbsp / 45 mL peanut or vegetable oil
3-inch / 8 cm piece cinnamon stick
4 whole cloves
3 cardamom pods, cracked
1 star anise or ¾ tsp/4 mL aniseed
½ tsp / 2 mL black peppercorns
1 bay leaf
2 onions, thinly sliced
2 tsp / 10 mL finely grated fresh ginger
3 cloves garlic, pressed or minced
2 tsp / 10 mL Indian chili powder or ground dried hot peppers, or ½ tsp/2 mL cayenne pepper
3 green hot peppers, slit down side
1¾ tsp / 9 mL salt
1 tsp / 5 mL ground coriander
½ tsp / 2 mL each ground cumin and turmeric
Half medium cauliflower, cut in florets
2 cups / 500 mL diced potatoes
2 ripe tomatoes, diced
1 cup / 250 mL diced carrots
Lemon wedges

- Rinse rice until water runs clear. Cover with water and soak for 30 minutes; drain well.
- Meanwhile, in large saucepan or Dutch oven, heat oil over medium heat; add cinnamon stick, cloves, cardamom, star anise, peppercorns and bay leaf. Fry until fragrant, 30 to 60 seconds. Add onions; fry, stirring often, until evenly browned, about 20 minutes.
- Stir in ginger, garlic and chili powder; fry, stirring, for 2 minutes. Stir in hot peppers, salt, coriander, cumin and turmeric; fry for 1 minute. Stir in cauliflower, potatoes, tomatoes, carrots and rice; stir to coat evenly. Pour in 2¾ cups/675 mL water; bring to boil. Cover pan; reduce heat to just maintain a low simmer and cook (without uncovering) for 25 minutes.
- Uncover and check if all liquid has been absorbed and rice is tender; if not, cover and continue cooking for up to 10 minutes more. Fluff with fork; cover and let sit, keeping warm, >

rice on!

For more ideas on how to create the best rice dishes, visit **homemakers.com/ricerecipes**.



Vegetable Pulao

for 10 minutes before serving. Serve with lemon wedges. *Makes 6 servings.*

Per serving: about 324 cal, 7 g pro, 8 g total fat (1 g sat. fat), 58 g carb, 5 g fibre, 0 mg chol, 703 mg sodium, 533 mg potassium. % RDI: 5% calcium, 10% iron, 39% vit A, 57% vit C, 21% folate.

3 Mussel and Tomato Risotto

No need to use stock when you have delicious mussel juices to flavour your risotto. If you prefer, replace the oregano and parsley with 1/3 cup/75 mL torn fresh basil leaves, adding half with the onion and half at the end.

½ cup / 125 mL dry white wine
1 stalk celery, chopped
5 or 6 parsley stems
2 bay leaves
¼ tsp / 1 mL black pepper
Pinch salt
2 lb / 1 kg mussels, rinsed and bearded
3 tbsp / 45 mL olive oil
1 small onion, finely chopped
2 cloves garlic, minced
3 anchovies, minced, or pinch salt
¼ tsp / 1 mL hot pepper flakes
1½ cups / 375 mL risotto rice
1½ cups / 375 mL peeled seeded chopped tomatoes
¾ tsp / 4 mL dried oregano
⅓ cup / 75 mL chopped fresh flat-leaf parsley

- In saucepan, bring 1 cup/250 mL water, wine, celery, parsley stems, bay leaves, black pepper and salt to boil; add mussels and cook, covered, until shells open, 2 to 5 minutes. (Discard any unopened mussels.) Reserving liquid, strain into saucepan. When cool enough to handle, remove mussels from shells. Add enough water to



SEPTEMBER RECIPE

Knorr Chicken & Tomato Fettuccine



Prep Time: 15 minutes
Cook Time: 10 minutes
Serves 4

WHAT YOU NEED

1 package	Knorr Sidekicks Fettuccine Alfredo, prepared according to package directions
500 g/1 lb	boneless skinless chicken breasts, cut into bite-sized pieces
45 mL/3 Tbsp	prepared basil pesto
250 mL/1 cup	sliced mushrooms
250 mL/1 cup	cherry tomatoes
50 mL/¼ cup	chopped sun-dried tomatoes

HOW YOU MAKE IT

Step 1
Toss chicken with pesto in medium bowl.

Step 2
Cook chicken mixture in 12 inch (30 cm) nonstick skillet over medium heat, stirring frequently, 5 minutes or until chicken is almost cooked.

Step 3
Stir in mushrooms and tomatoes. Cook, stirring occasionally, 5 minutes or until chicken is thoroughly cooked.

Step 4
Toss with Knorr® Sidekicks® Fettuccine Alfredo.

Visit Knorr.ca to discover other great recipe ideas using our family of products.

Knorr
Every meal is an opportunity™



Trade-mark owned or used under license by Unilever Canada, Toronto, Ontario M4W 3R2

reserved cooking liquid to make 5¼ cups/1.3 L; bring to gentle simmer and maintain over low heat.

- In separate saucepan, heat oil over medium heat; fry onion, garlic, anchovies and hot pepper flakes until onion is softened, about 4 minutes. Add rice; fry, stirring, until rice has absorbed fat and grains are translucent with white centres, about 3 minutes. Add 1 cup/250 mL of the mussel stock; cook, stirring constantly, until liquid is absorbed. Repeat with another 1 cup/250 mL stock. Stir in tomatoes and oregano; return to simmer. Stirring almost constantly, continue adding stock, 1 cup/250 mL at a time, until rice is creamy and tender yet slightly resilient, 18 to 20 minutes. Stir in mussels, flat-leaf parsley and ¼ cup/60 mL stock; stir until mussels are heated through, about 1 minute. Serve immediately. *Makes 4 servings.*

Per serving: about 454 cal, 15 g pro, 13 g total fat (2 g sat. fat), 68 g carb, 2 g fibre, 21 mg chol, 308 mg sodium, 532 mg potassium. % RDI: 5% calcium, 29% iron, 13% vit A, 32% vit C, 19% folate.

4 Thai Pineapple Fried Rice with Basil

In Thailand, fragrant and spicy fried rice is often eaten for breakfast, as well as for lunch, snacks and supper. Fried rice is always best when it's made with day-old rice, so make extra for dinner the night before or cook the rice in the morning to fry for supper.

2 eggs
Pinch salt
Pinch black pepper
¼ cup / 60 mL peanut or vegetable oil
¼ cup / 60 mL finely sliced shallots
8 oz / 250 g lean pork, cut in ½-inch/1 cm dice
3 cloves garlic, minced
8 oz / 250 g small to medium shrimp, peeled and deveined
3 cups / 750 mL chopped gailan (Chinese broccoli), choy sum (Chinese rape) or bok choy (about 6 oz/175 g)
1 cup / 250 mL pineapple, cut in ½-inch/1 cm dice
2 tbsp / 30 mL fish sauce
1½ tbsp / 22 mL finely sliced Thai bird's eye chilies
5 cups / 1.25 L cooked and cooled Thai jasmine rice (1½ cups/375 mL raw)
1 cup / 250 mL tomato wedges
1 tbsp / 15 mL soy sauce
½ cup / 125 mL loosely packed Thai basil leaves
½ cup / 125 mL coarsely chopped fresh coriander
Lime wedges

- Beat eggs with salt and pepper. In wok or skillet, heat 1 tbsp/15 mL of the oil over medium heat; add egg mixture and fry until set, pulling edge of omelette toward centre as it sets and tipping pan so unset egg flows out to edge. Let cool; dice.
- In wok or skillet, heat remaining oil over medium-high heat; stir-fry shallots until golden. Add pork and garlic; stir-fry until pork is lightly browned. Add shrimp, gailan, pineapple, fish sauce and chilies; stir-fry until shrimp and gailan are cooked through, about 7 minutes.
- Add rice; stir together well. Add egg, tomatoes and soy sauce. Fry, stirring continuously, until rice is completely hot, 3 to 4 minutes. Stir in basil and coriander; stir-fry for 1 minute. Transfer to serving plate; garnish with lime wedges. *Makes 4 to 6 servings.*

Per each of 6 servings: about 441 cal, 23 g pro, 13 g total fat (3 g sat. fat), 57 g carb, 2 g fibre, 128 mg chol, 720 mg sodium, 591 mg potassium. % RDI: 9% calcium, 17% iron, 25% vit A, 40% vit C, 21% folate. >



5 Chicken Pilaf

This pilaf showcases the typical flavours of the eastern Mediterranean.

1½ lb / 750 g boneless skinless chicken thighs
1 tsp / 5 mL ground allspice
1 tsp / 5 mL salt
½ tsp / 2 mL black pepper
½ tsp / 2 mL powdered dried sage
¼ tsp / 1 mL each ground cumin and cinnamon
2 tbsp / 30 mL olive oil
2 tbsp / 30 mL butter
1 onion, chopped
1 clove garlic, minced
1½ cups / 375 mL long-grain rice, rinsed and drained
⅓ cup / 75 mL slivered or sliced almonds
1 bay leaf
8 oz / 250 g cremini or white mushrooms, quartered
3 tbsp / 45 mL currants
1 large tomato, peeled and chopped
1½ cups / 375 mL chicken stock
¼ cup / 60 mL chopped fresh parsley
¼ cup / 60 mL chopped fresh dill

- Cut chicken into large chunks. Mix together allspice, ¾ tsp/4 mL of the salt, pepper, sage, cumin and cinnamon; sprinkle over chicken and toss to coat evenly.
- In large saucepan or Dutch oven, heat oil and butter over medium-high heat; in batches, brown chicken and transfer to bowl with slotted spoon. Reduce heat to medium. Add onion and garlic to pan; fry until soft, 4 to 5 minutes. Add rice, almonds and bay leaf; fry, stirring, for 2 minutes. Add mushrooms and currants; fry, stirring, for 2 minutes. Stir in tomato, stock, 1½ cups/375 mL water and remaining salt; bring to boil. Reduce heat to low; cover and cook for 15 minutes.
- Add chicken and juices to saucepan; cover and cook until liquid has been absorbed and rice is tender, 15 to 25 minutes. Fluff with fork; stir in parsley and dill. Cover and let sit, keeping warm, for 10 minutes before serving.

Makes 6 servings.

Per serving: about 463 cal, 29 g pro, 18 g total fat (5 g sat. fat), 47 g carb, 3 g fibre, 104 mg chol, 748 mg sodium, 684 mg potassium. % RDI: 6% calcium, 18% iron, 10% vit A, 17% vit C, 12% folate. ***hm***

SHOPPING SOURCES

Living Fully

Five Jobs for the Junk Busters

Pages 74 to 79:

Pottery Barn, potterybarn.com. **Hofland**, hofland.com. **Grand and Toy**, grandandtoy.com. **Deserres**, deserres.ca. **Ikea**, ikea.com. **Neat**, neatspace.ca. **Home Outfitters**, 1-888-595-8786, homeoutfitters.com. **Simplehuman**, simple human.com. **HomeSense**, 1-800-646-9466, homesense.ca. **Umbra**, umbra.com.

Research photography shot with Olympus cameras, courtesy of Olympus Canada Inc.

OLYMPUS





Of all the things he discovered today, this will make you the happiest.

McDonald's® new Grilled Chicken *Snack Wrap*® Happy Meal®. With 100% seasoned chicken breast, crisp lettuce, shredded Monterey Jack and light cheddar cheese, you'll love it just as much as he will.

new happy meal®

At participating McDonald's® restaurants in Canada. Product availability varies by restaurant. © 2010 McDonald's

fall spectacular

All of these main courses highlight sensational seasonal produce, and can be baked ahead of time so that the chef can enjoy the feast, too. By Andrew Chase

Mediterranean Baked Vegetables

Serve this colourful, tasty vegetable dish hot or at room temperature (you can make it ahead and refrigerate it for up to one day). If you wish, add 8 to 10 anchovy fillets to bump up the flavour.

1 lb / 500 g small eggplants
4 tomatoes
3 zucchini
4 green onions
2 cloves garlic, minced
12 black olives
1 sprig rosemary
1 tsp / 5 mL salt
¼ tsp / 1 mL black pepper
⅓ cup / 75 mL extra-virgin olive oil

- Peel off half of the eggplant skin in alternating lengthwise strips. Cut eggplants, tomatoes and zucchini into about ⅓-inch/8 mm thick rounds. Cut green onions into 1-inch/2.5 cm pieces. In 11- x 7-inch/28 x 18 cm baking dish, alternating slices, arrange eggplant, tomato and zucchini in rows so they stand on their edges. Tuck in onion pieces and scatter garlic throughout. Scatter olives over top. Break rosemary into pieces and place on vegetables. Sprinkle with salt and pepper; drizzle with oil.
- Cover with foil and bake in 350°F/180°C oven for 1 hour. Remove foil, spoon cooking juices over top and continue baking until vegetables are fully tender and juices are somewhat reduced, about 20 minutes. *Makes 6 to 8 servings.*

Per each of 8 servings: about 129 cal, 2 g pro, 10 g total fat (1 g sat. fat), 10 g carb, 3 g fibre, 0 mg chol, 351 mg sodium, 388 mg potassium. % RDI: 3% calcium, 6% iron, 13% vit A, 20% vit C, 12% folate. >



PHOTOGRAPHY, ANDREAS TRAUTTMANSDORFF. FOOD STYLING, JULIE ALDIS. PROP STYLING, CATHERINE DOHERTY



Mediterranean
Baked Vegetables

HOMEMAKERS Best TESTED

Lamb and Bulgur
Stuffed Peppers



Lamb and Bulgur Stuffed Peppers

You can flavour the Middle East–inspired lamb-and-bulgur filling with either dill or mint, depending on your preference. The fresh dill can be replaced with 1 tbsp/15 mL dried dillweed, but fresh mint will lose its flavour during cooking, so stick to dried mint.

¾ cup / 175 mL medium or coarse bulgur
2 tbsp / 30 mL olive oil
2 leeks, finely chopped
2 hot banana peppers, seeded and finely chopped
1¾ tsp / 9 mL salt
8 oz / 250 g ground lamb or beef
1 small onion, grated
1 egg
½ cup / 125 mL chopped fresh dill or 2 tsp/10 mL dried mint
⅓ cup / 75 mL chopped fresh parsley
2 tsp / 10 mL ground coriander
1 tsp / 5 mL paprika
½ tsp / 2 mL ground cumin
½ tsp / 2 mL ground allspice
½ tsp / 2 mL black pepper
¼ tsp / 1 mL cayenne pepper
6 large bell peppers (any colour)

Tomato Sauce

3 cups / 750 mL chopped peeled ripe tomatoes
3 tbsp / 45 mL extra-virgin olive oil
3 tbsp / 45 mL lemon juice
2 tsp / 10 mL granulated sugar
¼ tsp / 1 mL salt

- Place bulgur in large bowl; cover with 1 inch/2.5 cm warm water. Let soak for 20 minutes. Drain; lightly squeeze out excess moisture and return to bowl.
- In skillet, heat oil over medium heat; fry leeks, banana peppers and ¼ tsp/1 mL of the salt until vegetables are soft, 6 to 8 minutes. Scrape into bowl with soaked bulgur. Add lamb, onion, egg, dill, parsley, coriander, paprika, cumin, allspice, black pepper, cayenne and the remaining salt; mix well.
- Cut tops off bell peppers; set tops aside. With spoon, scoop out seeds and membranes from peppers. Fill with lamb mixture. Place upright in oiled casserole dish so that peppers fit snugly; place tops on peppers.
- **Tomato Sauce:** Mix together tomatoes, oil, lemon juice, sugar and salt.
- Spoon Tomato Sauce around peppers. Cover and bake in 375°F/190°C oven for 1 hour. Uncover and bake until peppers are very tender and Tomato Sauce is thickened, 20 to 30 minutes. Place one pepper and a generous spoonful of Tomato Sauce on each serving plate. *Makes 6 servings.*

Per serving: about 398 cal, 14 g pro, 22 g total fat (6 g sat. fat), 42 g carb, 9 g fibre, 59 mg chol, 823 mg sodium, 893 mg potassium. % RDI: 8% calcium, 29% iron, 98% vit A, 682% vit C, 43% folate.

Stuffed Chard Leaves Gratin

This rich and creamy vegetarian dish can be served as a lunch or supper main course, or as a more formal dinner first course with crusty bread or toast; it also makes a good side dish for plain (unsauced) roasted or grilled meat or poultry.

2 bunches Swiss chard (1½ to 2 lb/750 g to 1 kg)
2 tbsp / 30 mL olive oil
1 Spanish or large white onion, or 2 cooking onions, chopped
Pinch salt
1 lb / 500 g potatoes, peeled
⅔ cup / 150 mL grated Parmesan cheese

Béchamel Sauce

¼ cup / 60 mL butter
¼ cup / 60 mL all-purpose flour
¼ tsp / 1 mL salt
Pinch nutmeg
Pinch white pepper
Pinch ground cloves
2¼ cups / 550 mL milk
⅓ cup / 75 mL grated Parmesan cheese

- Cut stems off chard at base of leaves. In large pot of boiling salted water, blanch stems until tender, 8 to 10 minutes; with tongs, remove from pot. Chill under cold water and drain well. In same pot of boiling water, blanch leaves until pliable, about 2 minutes. Drain; chill under cold water and drain well. Chop stems.
- In skillet, heat oil over medium-high heat; fry onion with salt until golden. >

PHOTOGRAPHY, JIM NORTON. FOOD STYLING, CAMILO COSTALES. PROP STYLING, CATHERINE DOHERTY

- Meanwhile, boil potatoes in salted water until soft; drain. Return to pot and heat over low heat until dry. Mash potatoes. Mix potatoes with chard stems and onion; mix in Parmesan cheese. Place some of the potato mixture on each chard leaf and roll, tucking in sides, to form well-stuffed cylinders. Snugly fit into 13- x 9-inch/33 x 23 cm or comparable-size oiled baking dish.
- **Béchamel Sauce:** In saucepan over medium heat, melt butter; add flour, salt, nutmeg, pepper and cloves. Fry, stirring, until flour no longer smells raw, about 2 minutes. Whisk in milk; bring to boil, stirring. Reduce heat and simmer for 3 minutes. Remove from heat; stir in Parmesan cheese.
- Scrape Béchamel Sauce evenly over chard rolls. Bake in centre of 400°F/200°C oven until bubbling and golden on top, about 40 minutes. *Makes 6 to 8 servings.*

Per each of 8 servings: about 257 cal, 10 g pro, 14 g total fat (7 g sat. fat), 23 g carb, 3 g fibre, 32 mg chol, 766 mg sodium, 770 mg potassium. % RDI: 25% calcium, 16% iron, 34% vit A, 33% vit C, 13% folate.

Potato and Fish Casserole with Pepper Sauce

A mandoline makes easy work of slicing the potatoes for this wonderful Portuguese-inspired casserole.

1½ lb / 750 g cod, halibut or other thick white-fleshed fish fillets
2 tsp / 10 mL (approx) salt
¼ cup / 60 mL lemon juice
⅓ cup / 75 mL extra-virgin olive oil
6 cups / 1.5 L thinly sliced Spanish or white onions
1 bay leaf
2 cups / 500 mL thinly sliced Cubanelle or other thin-skinned sweet green peppers, or peeled green bell peppers
2 or 3 hot banana peppers, seeded and thinly sliced
1½ cups / 375 mL thinly sliced peeled seeded Roma tomatoes
⅓ cup / 75 mL dry white wine
½ cup / 125 mL chopped fresh coriander
⅓ cup / 75 mL chopped fresh parsley
3 lb / 1.5 kg baking (Russet) potatoes

- Sprinkle fish all over with 1½ tsp/7 mL of the salt; sprinkle with lemon juice. Refrigerate for 1 to 3 hours. Drain and cut on bias into thick slices.
- In large skillet, heat all but 1 tbsp/15 mL of the oil over medium heat; add onions, bay leaf and ½ tsp/2 mL of the salt. Fry, stirring often, until onions are soft, about 10 minutes. Add Cubanelle peppers, banana peppers and a pinch salt; stir-fry until peppers are soft, about 6 minutes. Stir in tomatoes and wine; cook until no liquid pools. Discard bay leaf; stir in coriander and parsley.
- Peel potatoes. With mandoline or sharp knife, slice into thin uniform slices.
- In well-oiled 11- x 9-inch/28 x 23 cm baking dish, evenly layer a third of the potatoes. Top with half of the pepper sauce, then half of the fish slices. Repeat layers and top with last third of potatoes. Brush with remaining oil and sprinkle with a pinch salt. Cover with foil and bake in 400°F/200°C oven for 45 minutes; uncover and bake until top is browned, about 45 minutes. Let sit for 10 to 15 minutes before serving. *Makes 6 to 8 servings.*

Per each of 8 servings: about 310 cal, 20 g pro, 10 g total fat (1 g sat. fat), 37 g carb, 4 g fibre, 37 mg chol, 628 mg sodium, 1,216 mg potassium. % RDI: 6% calcium, 16% iron, 8% vit A, 105% vit C, 23% folate.

Rapini and Goat Cheese Cannelloni

Fresh lasagna sheets come in six- or seven-sheet packages. This recipe requires seven sheets.

1 pkg (360 g) fresh lasagna pasta sheets
1½ bunches rapini (about 1½ lb/750 g)
¼ cup + 2 tbsp / 90 mL olive oil
1½ cups / 375 mL finely chopped Spanish or sweet onion
1 clove garlic, pressed or minced
1 bay leaf
3 tbsp / 45 mL all-purpose flour
2 cups / 500 mL milk
½ tsp / 2 mL salt
¼ tsp / 1 mL nutmeg
Pinch white pepper
200 g fresh goat cheese (scant 1 cup/250 mL)
1 cup / 250 mL grated Romano cheese
1¼ cups / 300 mL passata (bottled strained tomatoes) >

PHOTOGRAPHY, JIM NORTON. FOOD STYLING, ANDREW CHASE. PROP STYLING, CATHERINE DOHERTY



Potato and Fish Casserole
with Pepper Sauce

- Cut pasta sheets in half crosswise; in large pot of boiling salted water, boil pasta for 1 minute. Remove with slotted spatula and chill under cold water; drain and set aside (lay on waxed paper or kitchen towels, then cover with waxed paper or plastic wrap). In same pot of boiling water, blanch rapini until almost tender, about 3 minutes. Drain; rinse under cold water and drain well, pressing out excess liquid. Chop finely; set aside.
- In saucepan, heat ¼ cup/60 mL of the oil over medium heat; fry onion, garlic and bay leaf until onion is soft, 4 to 5 minutes. Sprinkle in flour and cook, stirring, for 1 minute. Stir in milk, salt, nutmeg and pepper; stirring, bring to boil. Reduce heat to low; cover and cook at bare simmer, stirring occasionally, for 15 minutes. Remove from heat. Remove bay leaf; whisk in goat cheese and half of the Romano cheese. Stir in rapini.
- Spread 1 tbsp/15 mL of the remaining oil and ½ cup/125 mL of the passata over bottom of 13- x 9-inch/32 x 23 cm baking dish. Lay 1 pasta sheet on work surface with long edge facing you. Spread generous ⅓ cup/75 mL rapini mixture on sheet (don't spread filling all the way to edge; it will spread when heated). Roll up sheet from bottom; place cannelloni in baking dish. Repeat with remaining sheets and rapini mixture.
- Mix remaining passata with remaining oil; spread over cannelloni. Sprinkle with remaining Romano cheese. Cover with foil. Bake in centre of 375°F/190°C oven until bubbling, about 35 minutes. Uncover and bake for 5 minutes. *Makes 7 servings.*

Per serving: about 478 cal, 22 g pro, 25 g total fat (9 g sat. fat), 43 g carb, 5 g fibre, 71 mg chol, 952 mg sodium, 408 mg potassium. % RDI: 37% calcium, 37% iron, 39% vit A, 27% vit C, 70% folate. ***hm***

recipe finder

Try our recipe search tool and find more than 100 tasty side dishes to add variety to your meals at **homemakers.com**.

FAMILY FAVOURITE

BACON CHEESEBURGER ROLL-UP



PREP TIME: 25 min
TOTAL TIME: 50 min
MAKES: 6 servings, 1 piece (155 g) each

WHAT YOU NEED!
1 lb. (450 g) lean ground beef
4 slices bacon, chopped
1 small onion, chopped
2/3 cup **Cheez Whiz** spread
1 pkg. (235 g) refrigerated crescent dinner rolls

HEAT oven to 400°F.
BROWN ground beef with bacon and onions in large skillet; drain. Stir in **Cheez Whiz**; cook until melted, stirring frequently. Cool 10 min.
UNROLL dough onto baking sheet sprayed with cooking spray. Press into a 14x7-inch rectangle, firmly pressing seams and perforations together to seal. Cover with meat mixture. Roll up dough, starting at 1 long side. Rearrange, if necessary, so roll is seam-side down on baking sheet.
BAKE 20 to 25 min. or until golden brown.



Process Cheese Product

Enter the Cheez Whiz ORIGINAL CHALLENGE!

Add your personality!

and you could **WIN!**





Enter your family-favourite *Cheez Whiz* recipe and you could win kitchen appliances and be featured in an upcoming issue of Canadian Living!

FRIGIDAIRE The BRICK .com

PRIZE INCLUDES: Frigidaire Silver Mist Stainless Look kitchen appliances including a Fridge, Self-Clean Range, Over-the-Range Microwave and Built-in Dishwasher.

Submit your recipe at cheezwhizchallenge.com

No purchase necessary. Open to residents of Canada. Must be legal age. Contest open from June 22-August 31, 2010. Skill testing question required. Approx. retail value grand prize pkg $2,500 CDN and each secondary prize $50 CDN. Odds of winning depend on the total number of eligible entries received. Limit five submitted recipes per person during the life of the contest. Full rules & regulations can be found at cheezwhizchallenge.com

Enter to win

More chances to win each month!

One lucky reader will receive all four of these great prizes from Homemakers!

WIN MUSICAL INSPIRATION FOR YOUR CHILD

Music makes a positive impact on a child's memory, cognitive development, abstract reasoning and critical thinking skills. Music For Young Children offers this gift package to help your child develop the happy habit of learning music! Visit myc.com. ***Retail value $75***



WIN A JOHNSON & JOHNSON ORAL CARE KIT

Oral health is key to overall health. Johnson & Johnson offers a gift basket including their products Listerine Antiseptic Mouthwash, Reach toothbrushes and Rembrandt toothpaste to help you have a healthy mouth. Please visit listerine.ca for additional information.

Retail value $100



WIN AN AFFRESH DISHWASHER CLEANER GIFT BASKET

Odour-causing residue can build up on surfaces over time. The Affresh Dishwasher clean formula produces powerful, oxygenated cleaning action. Using Affresh dishwasher cleaner once a month will keep your dishwasher clean and fresh. Visit affresh.ca.

Retail value $100



WIN A GARNIER ANTI-DARK-CIRCLE CARE PACKAGE

From the inventors of the internationally acclaimed Eye Roller technology, New Garnier Skin Renew Anti-Dark-Circle Eye Roller instantly covers dark circles, moisturizes and brightens your eyes. Dark circles? What dark circles? Visit garnier.ca. ***Retail value $100***



Log onto our website, **www.homemakers.com** for details on how to win these four great prizes. And look for more treats in every issue of Homemakers - Just for you!

Rosh Hashanah Challah



By: Andrew Chase *Photography:* Jim Norton *Food styling:* Andrew Chase *Prop styling:* Catherine Doherty

sweet gold

Honey is the superstar food of Rosh Hashanah – the Jewish new year. Here are four delicious recipes to celebrate the festival.

By Andrew Chase

Rosh Hashanah Challah

On Rosh Hashanah, the challah (a Jewish egg bread traditionally served on the Sabbath) is sweetened with honey and raisins, then wound into a crown shape, rather than the usual braided loaf. This is my special holiday version of challah, enriched with extra egg yolks and tinted gold with saffron.

1 tsp / 5 mL granulated sugar
Generous pinch saffron threads
1 tbsp / 15 mL active dry yeast
¼ cup / 60 mL liquid honey
2 eggs
3 egg yolks
3 tbsp / 45 mL olive, sunflower or vegetable oil
3¼ cups / 800 mL all-purpose flour
1½ tsp / 7 mL salt
½ cup / 125 mL golden raisins

Glaze

1 egg yolk
2 tsp / 10 mL sesame seeds

- In stand mixer or large bowl, rub sugar and saffron together with back of spoon until saffron turns to powder. Stir in ½ cup/125 mL boiling water and set aside until just warm. Sprinkle yeast over top. Let stand until frothy, about 10 minutes. Whisk in honey, eggs, yolks and oil.
- In separate bowl, whisk together flour and salt; add to yeast mixture and stir until shaggy dough is formed. With dough hook attachment or by hand on floured surface, knead dough, dusting with a little extra flour if dough is sticking to bowl or surface, until smooth and elastic, about 10 minutes in mixer or 15 minutes by hand. Transfer to greased bowl, turning to grease all over. >

Celebrating Rosh Hashanah

The High Holy Days of the fall are some of the most sacred days of the Jewish year. Rosh Hashanah, literally "head of the year," falls at the beginning of these 10 holy days, and is a time of introspection, repentance, amends and resolutions. Apples dipped in honey have been a traditional holiday snack since the Middle Ages; they symbolize a wish for sweetness in the year to come. This year, Rosh Hashanah begins at sundown on Sept. 8 and is celebrated until Sept. 10.

Cover with plastic wrap; let rise in warm, draft-free place until doubled in bulk, about 1½ hours.
- Lightly push down dough; transfer to work surface. Knead in raisins, pushing in any raisins that break the surface and kneading until dough covers them to prevent them from burning when baked. Cover with tea towel; let rest for 15 minutes. Roll into 30-inch/75 cm long rope (once again, push in any raisins that break the surface).
- Holding one end in place, wind rope around that end to form fairly tight spiral, building it higher in the centre. Transfer to floured bread peel if using bread stone (preheat stone for 45 minutes), or to lightly greased or parchment paper–lined baking sheet. Let rise in warm, draft-free place until doubled in bulk, about 1 hour.
- **Glaze:** Beat yolk with 1 tsp/5 mL water; brush over loaf. Sprinkle with sesame seeds.
- Bake in centre of 350°F/180°C oven until golden brown and loaf sounds hollow when tapped on bottom, 35 to 45 minutes. (If top browns before bread is thoroughly cooked, cover loosely with sheet of foil for remaining baking time.) Let cool on rack. *Makes about 20 slices.*

Per slice: about 139 cal, 4 g pro, 4 g total fat (1 g sat. fat), 22 g carb, 1 g fibre, 59 mg chol, 181 mg sodium, 74 mg potassium. % RDI: 1% calcium, 9% iron, 3% vit A, 29% folate.

Variation: Two Challahs You can make the traditional 2 loaves of challah for Rosh Hashanah by dividing the dough into 2 pieces and rolling each into a 24-inch/60 cm long rope. Wind each rope into a spiral and bake side by side on baking sheet or bread stone for 25 to 35 minutes.

Honey and Apple Semolina Cake

Because of the honey syrup, this Sephardic-meets-Canadian cake improves when given time to ripen. It is definitely tasty when just baked, but it is delicious when served a day or two later. Grate the lemon rind before juicing the lemon.

1½ cups / 375 mL semolina flour (#2) or cream of wheat
½ cup / 125 mL all-purpose flour
¾ tsp / 4 mL cinnamon
2 apples, peeled
2 tbsp / 30 mL lemon juice
8 eggs, separated
¼ tsp / 1 mL cream of tartar
¾ cup / 175 mL granulated sugar
1 tbsp / 15 mL finely grated lemon rind
¼ cup / 60 mL butter or margarine, melted and cooled

Honey Syrup

1 cup / 250 mL honey
¾ cup / 175 mL apple cider
2 tbsp / 30 mL lemon juice

- Line bottom of greased 10-inch/25 cm tube pan with parchment or waxed paper. Whisk semolina flour with all-purpose flour and cinnamon. With coarse grater, grate apples; toss with lemon juice. Set all aside.
- Beat egg whites and cream of tartar until soft peaks form. Beat in sugar, 1 tbsp/15 mL at a time, until stiff, glossy peaks form.
- In separate large bowl, beat together egg yolks and lemon rind until they form a pale, thick mixture that falls in ribbons when beaters are lifted, about 10 minutes. Beat in butter. Slowly beat in apple mixture. Gradually mix in flour mixture until smooth. Mix in a third of egg white mixture; with spatula, gently fold in remaining egg whites until just combined. Scrape into prepared pan.
- Bake in centre of 350°F/180°C oven until golden and cake tester inserted in centre comes out clean, 35 to 40 minutes.
- **Honey Syrup:** Meanwhile, in medium saucepan over medium heat, stir together honey and cider; bring to boil. Reduce heat and simmer until thickened to consistency of maple syrup, 10 to 12 minutes. Remove from heat; stir in lemon juice. Let cool.
- Place hot cake in pan on rack; with skewer, liberally poke holes in top. Pour Honey Syrup over cake; let stand at least 4 hours (overnight is best). Run knife around edge to remove from pan. *Makes 18 servings.*

Per serving: about 220 cal, 5 g pro, 5 g total fat (2 g sat. fat), 41 g carb, 1 g fibre, 89 mg chol, 47 mg sodium, 105 mg potassium. % RDI: 2% calcium, 6% iron, 5% vit A, 3% vit C, 12% folate.

Honey and Nut Rugalach

When the nut and honey crescents bake, they ooze crisp, caramel-like filling.

2 cups / 500 mL all-purpose flour
1 tsp / 5 mL ground cardamom
¼ tsp / 1 mL salt
1 pkg (8 oz/250 g) cream cheese, softened
1 cup / 250 mL unsalted butter, softened
2 tbsp / 30 mL granulated sugar
1 egg
2 tbsp / 30 mL coarse sugar (brown or white)

Honey Filling

1½ cups / 375 mL walnut halves
1 tbsp / 15 mL all-purpose flour
Pinch salt
½ cup / 125 mL packed pitted prunes, finely chopped
½ cup / 125 mL liquid honey >

Honey and Nut Rugalach



- Whisk together flour, cardamom and salt. In separate bowl, beat cream cheese with butter until fluffy; beat in granulated sugar. Stir in flour mixture in 2 additions. Form into ball; divide and shape into 4 thick discs. Wrap each in plastic wrap; refrigerate for 2 to 24 hours. Let stand at room temperature for 15 minutes before rolling out.
- **Honey Filling:** Meanwhile, in food processor, grind ½ cup/125 mL of the walnuts with flour and salt until powder; scrape into bowl. In food processor, chop remaining walnuts; add to ground walnut mixture with prunes. Stir in honey until stiff, sticky mixture forms.
- On lightly floured surface, roll out 1 disc into 11-inch/28 cm circle. With wet hands, spread a quarter of Honey Filling over circle as evenly as possible, working with 1 tbsp/15 mL at a time and patting it to edge. Cut circle into 12 wedges. Starting from wide end, roll up each wedge; curve ends to form crescent. Place about 2 inches/5 cm apart on parchment paper–lined rimless baking sheets. Refrigerate for 30 minutes. Repeat with remaining dough and Honey Filling.
- Beat egg with 1 tsp/5 mL water; brush over crescents. Sprinkle with coarse sugar. Bake in centre of 350°F/180°C oven until golden, about 25 minutes. Let cool on pans on racks for 5 minutes. Transfer to racks and let cool completely. *Makes 48 rugalach.*

Per rugalach: about 113 cal, 2 g pro, 8 g total fat (4 g sat. fat), 10 g carb, 1 g fibre, 20 mg chol, 30 mg sodium, 45 mg potassium. % RDI: 1% calcium, 4% iron, 6% vit A, 7% folate.

Buttermilk Honey Pie

Sweet and aromatic, this pie is a hybrid of Southern U.S. and European cooking styles. The pastry is very delicate but easy to patch if it tears.

Walnut Pastry

½ cup / 125 mL walnut halves
1¼ cups / 300 mL all-purpose flour
1 tbsp / 15 mL granulated sugar
½ tsp / 2 mL cinnamon
¼ tsp / 1 mL each nutmeg and salt
½ cup / 125 mL chilled butter, diced
2 tbsp / 30 mL (approx) ice water

"Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do but couldn't find the time.... Don't be afraid to say, 'I love you.' Say it again. They are the sweetest words in the world." – *Ann Landers*

Buttermilk Honey Filling

½ cup / 125 mL granulated sugar
¼ cup / 60 mL all-purpose flour
¼ tsp / 1 mL salt
⅓ cup / 75 mL butter, melted
4 eggs
⅔ cup / 150 mL liquid honey
⅔ cup / 150 mL buttermilk
1 tsp / 5 mL vanilla extract

- **Walnut Pastry:** In food processor, grind walnuts until finely chopped; pulse in flour, sugar, cinnamon, nutmeg and salt. Pulse in butter just until mixture resembles large, coarse crumbs. Pulse in water just until dough begins to clump together, adding a little more if necessary. Transfer to work surface; lightly knead just until pastry holds together. Wrap and chill for 30 minutes.
- Roll out pastry on parchment or waxed paper to fit 9-inch/23 cm pie plate. Carefully transfer to pie plate; trim edge, leaving ½-inch/1 cm overhang. Fold edge over and crimp. Prick bottom of pie shell all over with fork. Cover with plastic wrap and chill until firm, about 1 hour.
- **Buttermilk Honey Filling:** In large bowl, whisk together sugar, flour and salt. Whisk in butter; whisk in eggs, 1 at a time. Whisk in honey, buttermilk and vanilla until smooth.
- Pour Buttermilk Honey Filling into prepared pie shell. Bake in bottom third of 400°F/200°C oven for 10 minutes; reduce heat to 325°F/160°C and bake until filling is golden and set, but still slightly jiggly in the centre, about 50 minutes. Let cool on rack. *Makes 8 to 10 servings.*

Per each of 10 servings: about 373 cal, 6 g pro, 20 g total fat (10 g sat. fat), 45 g carb, 1 g fibre, 114 mg chol, 254 mg sodium, 110 mg potassium. % RDI: 4% calcium, 9% iron, 16% vit A, 24% folate. ***hm***



best cellars

How to start your own wine collection. By Natalie MacLean

You may have long yearned for a wine cellar but thought you couldn't build one because you didn't have the wine collection (or finances) of an 18th-century aristocrat. Not to worry: In today's egalitarian world, even an unaffluent wine lover can build a reserve of wines on a relatively modest budget. Whether you have a dozen bottles or hundreds, you can create a collection with great wines to uncork when you entertain at home or visit friends.

How many bottles should I store?

Today most wines are made to be consumed young, rather than set aside to age. That's because winemakers know that most of us don't have the money or the space for underground wine vaults, so we drink our wine soon after we buy it. Still, it's convenient to have a cache of 25 to 50 bottles on hand for when you feel like having a bottle with dinner or when friends drop by unexpectedly. Plus, a small percentage of modern wines benefit immensely from aging. The best mature wines offer exotic flavours and aromas that just aren't found in young wines. As fine wine ages, the tannins smooth out while the fresh, grapy aromas diminish and are replaced by scents of ripe fruit, cedar, chocolate and leather.

Where should I store it?

Once upon a time, a wine cellar was a large vaulted underground cave. Today your collection could live anywhere from a cool basement corner fitted with racks to a specially built closet with cooling units and wine fridges. The right choice depends on your budget and needs. Some basements or rooms have naturally ideal conditions to cellar wine; others can be adapted with insulation and cooling units. >



What to buy (and store)

2009 Oyster Bay Sauvignon Blanc, Marlborough, New Zealand: Zesty and refreshing with lime and grapefruit. A cool breeze on a hot day. **When to drink:** 2010 to 2013. **Pair with:** Broiled Eggplant with Miso-Mustard Dressing, page 39; salads; shellfish. $19. Score: 88/100

PHOTOGRAPHY, THINKSTOCK (WINE STAIN)



2008 Irony Chardonnay, Napa Valley, California: Lovely round, buttery Chardonnay with gorgeous green apple, peach and Asian pear notes. Full bodied and voluptuous. **When to drink:** 2010 to 2014. **Pair with:** Chinese Garlic Eggplant with Tofu, page 42; roast chicken; lobster in butter sauce. $20 to $25. Score: 90/100



2006 Osoyoos Larose Pétales d'Osoyoos, Okanagan Valley, B.C.: Rose and violet flavours are crushed with dark field berry and vanilla spice. Supple and velvet-textured. Decant for one to two hours. Needs time to age. **When to drink:** 2011 to 2016. **Pair with:** Chicken Pilaf, page 50; rare steak; brisket. $25. Score: 90/100



2008 Grant Burge Barossa Vines Shiraz, South Australia: This red has amazing fruit depths with luscious texture, smoke and mint. Its full-bodied weight is balanced with a supple texture. **When to drink:** 2010 to 2016. **Pair with:** Rapini and Goat Cheese Cannelloni, page 56; flame-grilled sausages. $17. Score: 90/100



2006 Masi Costasera Amarone Classico, Veneto, Italy: Deep purple-ruby in colour. Rich, ripe, plummy cherry aromas and flavours with hints of chocolate, spice and earth. Full bodied with a firm, long finish. **When to drink:** 2010 to 2020. **Pair with:** Ratatouille, page 36; roasted meats; game; strong cheeses. $39 to $50. Score: 92/100

Wine fridges come in a range of sizes, from small models to walk-in Brink's-style vaults.

How should I store my wines?

The ideal storage temperature of 10° to 15°C allows wine to age slowly to its full complexity. Excess heat cooks off wine's finer characteristics, while too much chill retards its maturation. Humidity should be about 70 per cent so the corks don't dry out. Dry corks shrink ever so slightly, allowing air to seep into the bottles and oxidize the wine. That's why bottles are best stored on their sides: The wine keeps the cork wet and the oxygen out. Darkness is preferable too, because wine is sensitive to light.

Which wines should I start with?

Look for wines made by great producers in well-known regions. These wines have good structures, meaning that all their elements – alcohol, acidity, tannins and flavour – are in balance and will knit together as the wine matures. Good bets are French Bordeaux, Californian Cabernet blends, Spanish Rioja, Italian Chianti, Burgundian Pinot Noir, German and Hungarian sweet wines, and Port.

Read "What to buy (and store)" for more suggestions and vintages.

On a side note, a case of wine that will age well for a couple of decades makes a great gift for a newborn (to drink when she is an adult, of course). Some suggestions: The years 2000 and 2005 were spectacular vintages for Bordeaux, while 1997 and 2000 were terrific for Port. Both are among the best wines for long-term cellaring.

Natalie MacLean, author of the best-selling Red, White and Drunk All Over, *offers a free wine newsletter at nataliemaclean.com.* **hm**



The great taste of fruits meets the goodness of vegetables

We've put vegetables in each of our three new 100% fruit juice blends with no added sugar. But you'd never know it. All you'll taste is crisp, delicious fruit. And if you think that sounds good, imagine how much your kids will love them. New Oasis® Fruits etc.™ Add some colour to your day!

www.lassonde.com

PROUDLY CANADIAN



1 = 2

250mL 2 servings of fruits & vegetables

Lassonde Be pure OASIS



Don't let the seesawing economy make you reluctant to switch jobs. Instead, invent your own game.

By Anicka Quin

There was no denying it: Claire Moller's job was sucking the life out of her. A communications coordinator at the University of British Columbia (UBC) in Vancouver, Claire was doing what she'd gone to school for – editing other people's work to make it more clear. She had plenty to do. "There was enough work to keep three people busy," she says. But her job was no longer inspiring – in fact, it was mind-numbing.

Even so, Claire, 32, wasn't sure the time was right to move on. With the economy having gone into a tailspin in 2008, prevailing workplace wisdom seemed to dictate sitting tight.

True, the economy is now moving to a less anemic state. But is it healthy enough for you to consider making a career change (which, according to Statistics Canada, one in 12 of us wants to do), or should you just be grateful to have a job and forget about big dreams for now? "The issue of the economy shouldn't be the prime factor," says Randall



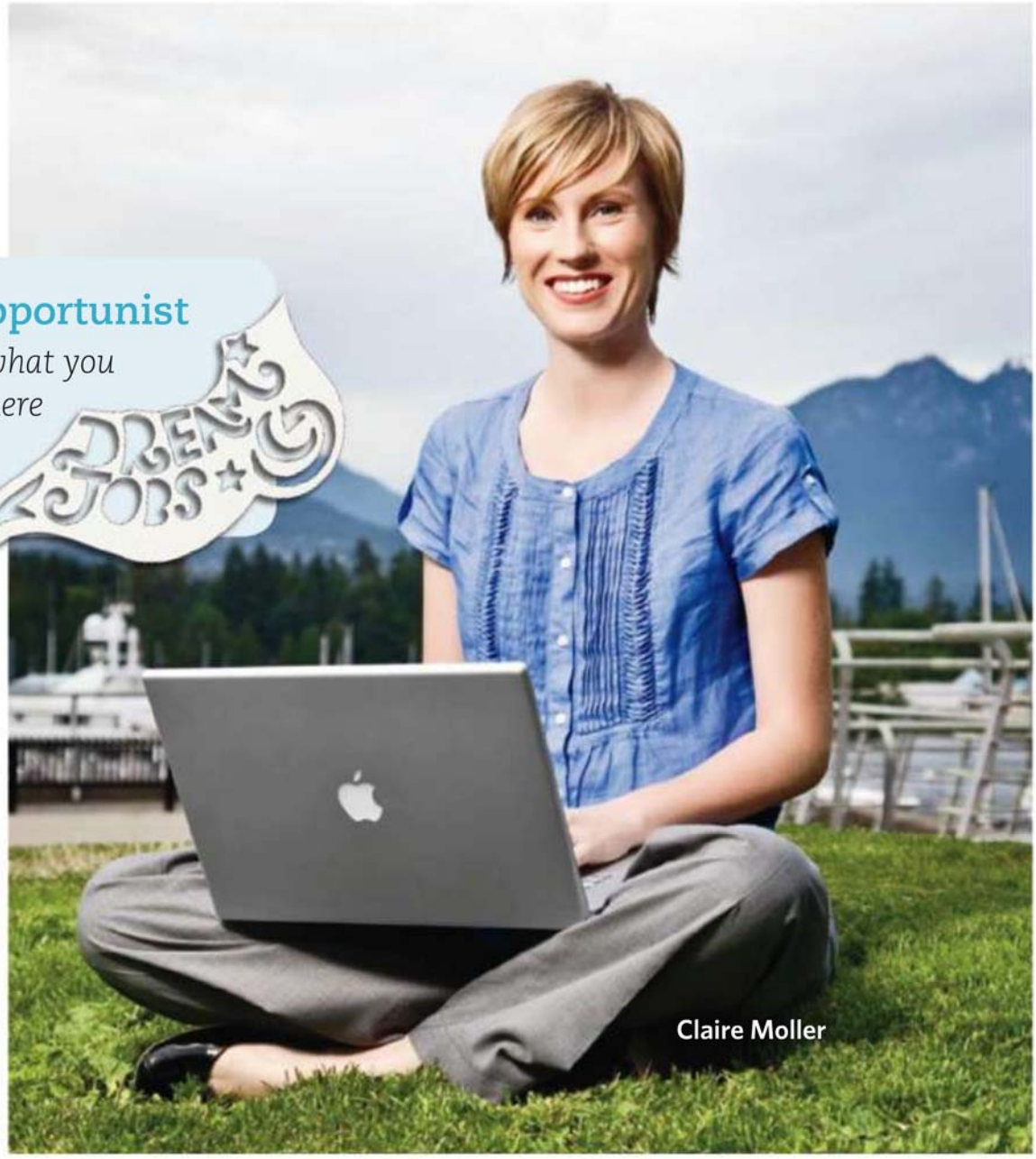
Craig, president of the consulting firm Pinetree Advisors in Toronto. Any time is the right time, he maintains, if you've taken the basic steps of self-analysis, research and planning. In other words, the best time to switch jobs or careers is a time you create for yourself.

Keep in mind, adds Alan Kearns, career coach and founder of Careerjoy, a national career and leadership company in Ottawa, that general social or market trends are just statistics and news headlines – not prescriptions for your own life. "Not taking charge of your career is like putting your money in the market and letting the market decide what to do with it," says Kearns. The career management equivalent might be sitting around waiting for your boss to offer a promotion or for a headhunter to call you. The smart alternative is to be proactive, not reactive. Here's how Claire and two other women did just that and ended up landing their dream jobs. >

Illustration by:
Kate Forrester

The Opportunist

Getting what you want, where you are



Claire was working in print publications and web content, but she felt increasingly drawn to working online. For quite some time, she had been building websites for friends and immersing herself in online culture. And a few years ago, she began researching potential career areas.

Claire's explorations led her to a field known as user experience, a growing area of work that focuses on creating websites that are clear and straightforward for the people who use them – and don't make trying to find information feel like a game of *Where's Waldo?* Typically, user-experience experts talk to the people who would potentially use a website – say, moms looking for recipe ideas for their vegetarian kids – before the site is built, then help tailor that website to the users' specific needs. It's a bit of a reverse take on the usual process (build a website and hope it works, then fix it when it doesn't). And it definitely wasn't the process they used at UBC.

Rather than jump into a yet-untested career, Claire opted to take some courses in the field while she continued in her communications job at UBC. She made a case to her employer to fund some of her training, and her manager agreed.

As she gained skills and knowledge, Claire suggested her team incorporate some of what she was learning. Eventually, she became instrumental in changing how her group worked with web clients, instituting focus groups and using the

PHOTOGRAPHY, BRENNDAN LAIRD. HAIR AND MAKEUP, ANDREA TILLER FOR TRESEMMÉ HAIR CARE/PLUTINO GROUP

The Transformer

Building a business from a passion


Betty Ewing

When she was in her late 30s, Betty Ewing left her job at a computer company and registered her own communications business, through which she contracted out her services to an ad agency. She loved jetting between New York and her home base in Toronto, and planning campaigns for multinational corporations. But just a few years into the job, a company merger sent her creative responsibilities (which had drawn her to the work in the first place) to U.S. colleagues.

Whatever her next job was, Betty knew it would have to be in a creative field. But what? The answer came as a revelation: She and her husband had been renovating a century farmhouse and an old Toronto home, and she'd taken the lead on planning the interior design. Design was already among her hobbies, and she realized that she was very drawn to the idea of reuse and restoration. "So I just took the leap."

Betty ended her contract with the ad agency and signed up for a part-time interior design college course. At the same time, she continued to offer communications services through her own business. Gradually, her company developed to offer two distinct services: branding and communications, and interior design. Eventually, "life simply morphed into more and more of the design with less emphasis on marketing and communications," Betty explains. Now in her mid-50s, she's running a vibrant and soul-satisfyingly creative business.

Following her lead: Being successful in a new business means reducing the risk of failure, and that means preparing yourself as much as possible before you leave your current paying job, says Craig. Take courses, create marketing materials, start networking and test the waters. "Find a way to work some evenings or weekends in the business and learn how it operates," he suggests. You need to write a business plan and do market research to determine the best time to open a new business. If that's not right now, you might choose to job-shadow someone in the same field. If Betty, for example, was doing the same thing all over again, she might have worked part time for another designer to learn the ropes.

strategies she had learned. And she was promoted to user-experience architect – a position for which she wrote her own job description. Claire had created a new and exciting niche for herself – without ever losing the stability of full-time work.

Following her lead: Claire took control of her career by creating what Craig calls a proxy goal: rather than having a specific or well-defined job objective, choosing a larger field or more general direction that could contain it. For example, let's say there's an area that intrigues you, although you don't know enough about it to pinpoint a particular job you'd like to do. Your proxy goal gives you direction and allows you to focus your efforts through "anything from getting education or registering for certification to reading the trade magazine in that field or networking with people in that industry," says Craig. By gaining knowledge in the area of your proxy goal, you can decide whether you want it to be your real goal.

And that doesn't mean you have to quit your job to train for another – an intimidating prospect in uncertain economic times. Your current employer may offer opportunities for training and development while you continue to draw a steady income. "If you want to grow on the job, assure your manager: 'I can take care of the day-to-day, but I want to take on more,'" suggests Craig. >

PHOTOGRAPHY, SEAN EWING

The Networker

Using who you know, and what they know about you



Katy Johannson, 28, had been treading water since she dropped out of college in her early 20s. "I'd wanted to be in school, but I didn't know what I was going to do with my degree," she says. Six months of studying Japanese culture abroad didn't provide any more insight. Back home in Vancouver, Katy got a job at a bookstore and, although she says, "I knew I didn't want to be stuck in that job forever," seven years later, she was still there. Then one relatively small event got her motivated. "Someone I was dating said he was uncomfortable with the fact that I didn't have a career or direction," says Katy with a laugh. "After we stopped dating, I thought, That's it – I'm doing something with my life."

She sat down to discuss her career path with her father, with whom she'd always had a close relationship. "My dad reminded me of something he had been telling me to consider since high school," says Katy. "That I'd probably enjoy picking up a trade." It made sense: Katy loved fixing things and working with her hands (she's an avid knitter). A little research landed her in the Trades Discovery for Women program at the British Columbia Institute of Technology. Over the next five months, she was introduced to many different trades through hands-on tasks, including installing a hot-water tank, framing a house and wiring a three-way switch. She discovered she had a particular affinity for electrical work; she's now apprenticing with the City of Vancouver to become a ticketed electrician.

Following her lead: Katy's story might sound familiar to anyone whose career has hit a dead end. But if you don't know where you want to go next, chances are you'll keep treading water. Craig says Katy's strategy of talking with people who knew her best was a good start. "Oftentimes most of the answers are inside you already," he explains. "Those around you can tell things about you that you can't tell about yourself." Craig's solution: Find a dozen people who know you from different perspectives and who are successful themselves. Ask them how they got to where they are, what their impressions are of you and where they think you might go in the next stage of your career. "The majority of people will describe your strengths similarly, confirming your key skills. There will be

ready to call it quits?

Take our Measure My Job Happiness quiz to gauge whether or not you should start writing that letter of resignation. Visit **homemakers.com/jobquiz**.



PHOTOGRAPHY, BRENNDAN LAIRD


Katy Johannson

two or three suggestions that will keep you up at night," assures Craig.

When it comes down to it, whatever time it takes to take charge of your career and your future is time well-spent. "Even if you discover that you don't want to leave your current place of employment, guess who will be more valuable to the company, compared to those who don't continue to develop themselves," says Craig. "Going through a career planning process makes you more valuable whether you choose to stay or to leave." ***hm***

Hot jobs

When choosing a career path, your first consideration needs to be what interests or excites you. But, if you need a little help determining which of those fields you can thrive in right now, the government keeps track of occupations with good outlooks in each province. Here are five careers that made their lists.

- Occupational therapist
- Registered nurse
- Human resources specialist
- Software engineer
- Social service worker

For more information on jobs near you, visit labourmarketinformation.ca and click on Employment Prospects.
– Jill Buchner

5 *jobs for the* junk busters

Home organization is about more than appearances, says Kristie Demke, president of Professional Organizers in Canada. It's about "functionality and happiness, and how it gets you out the door." And as Jennifer Reid, an interior decorator in Toronto, notes with glaring common sense: "It is much easier to put something back if it actually has a place." With the help of these two experts, we've identified the top five junk hot spots and found solutions to keep them organized.





Text by: Caroline Medwell
Produced by: Karen Kwinter
Assistant: Montana Labelle
Photography: Felix Wedgwood

front hall

- Kristie calls the entryway the home's key common area. She advises, "Figure out the jobs it has to fulfill and create a space for each job."
- Create individual spaces for each member of your family: Accessible hooks and assigned shelves, tubs, pockets and baskets allow everyone, including kids, to take care of their own stuff. Jennifer has a basket for each person in her house that's filled with the things that person needs for the day. Then, she has places ready to store the things they bring home.
- Create a mail spot with an inbox and an outbox.

Tanner Console Table, $599; and Savannah Utility Baskets, $36 each; both Pottery Barn. Skyline Vases, Hofland, $20 each. Vintage silver tray and Buddha statue, flea-market finds. Homemade initial tags (Manila tags, Grand and Toy, $3 for set of 100. Letters, $7 for set of 61; and grosgrain ribbon, $3 for roll; both Deserres). >

bathroom

TIP Medications stored in your bathroom could be exposed to hot, damp conditions that may make them less effective. While some can be kept at room temperature, many pharmaceuticals, including vitamins, are more effective over time if they're stored in a cool, dark, dry place. Ask a pharmacist about the best storage conditions for your medications.


1


2




3

- Both of our experts agree: Cabinet contents must be reviewed and cleared out at least twice a year, since most of the items have expiry dates. That goes for medicines, sun and insect protection products, as well as most cosmetics.
- Sort your cabinet by type of product or by person. Keep medicine out of kids' reach.
- Consider keeping some of your gear outside the cabinet – in pretty baskets or boxes, or in attractive reusable dispensers.

1 Hanging baskets that are suitable for damp spaces keep your gear organized. *Basket, Ikea, $15 for set of two.*

2 Contain your bottles in clear plastic organizers. *From top: Boxes with lids, Ikea, $15 for set of five. Lucite lipstick holder, Neat, $13. Linus Drawer Organizers by Interdesign, Home Outfitters, $5 to $7 each.*

3 Try mounting soap and shampoo dispensers in your shower to clear up bottle gridlock and give your bathroom a more luxurious, spa-like feel. *Twin Wall Mount Pump, Simplehuman, $60.*

tidy up time!

Stretch your storage space with clever closet cleanup tips at **homemakers.com/closets**.



linen closet

- Kristie's approach to keeping sheets neatly stacked: Take the sheets for one bed, fold the fitted sheet inside the flat sheet, then tuck both into the bottom half of one pillowcase. Lay the other folded pillowcase inside, then fold the outer one in half.
- Sort sheets by individual bed, not by type (e.g., fitted or flat).
- Consider rolling towels rather than folding them.
- Place rolled facecloths and hand towels in their own pretty basket or box.
- Jennifer has a towel – personalized either by colour or design – for each family member. There are hooks for the towels in all of their bedrooms.

From top: Large black basket, $13; bath towels, $10 each; small black baskets, $8 each; hand towels, $7 each; white cotton quilt set, $60; white pillowcases, $8; black-and-white printed quilt set, $70; white sheets, $13 each; black-and-white sheets, $20 each; and kitchen towels, $4 each; all HomeSense.>



kitchen junk drawer

Jennifer Reid, one of our expert organizers for this story, is a contestant on "The Ultimate W Expert Challenge II." Tune in to the W Network on Wednesdays at 8 p.m. starting Aug. 4 to find out how she does!

- Kristie's rule: "Define your junk." If it's paper, put it with your paper files. If you have a pile of buttons, put them in your sewing kit. Your kitchen junk drawer should only contain kitchen-related objects or "truly nomadic things," such as those bits of hardware you just might need to locate someday.
- Use a drawer-divider insert with variously sized sections to contain things big and small.
- Little jars or even sandwich bags help keep things like elastics, twist ties and birthday candles easily accessible.

Linus Drawer Organizers by Interdesign, Home Outfitters, $4 to $7 each.

jewelry storage

TIP When it comes to being organized, Jennifer says: "Start young. If your kids know that everything has a place, they will put things in that place." She suggests using brightly coloured labels, as well as hooks and baskets the kids can reach. "Make cleanup regular and easy to do." The bonus: You won't be stuck doing it all on your own!


1


2


3

- Jennifer contains her jewelry in a cute little box by her bed that's perfect for her favourite rings and earrings.
- To avoid "fiddly and tangly" issues, Kristie keeps everything separate. If you have a drawer for your jewelry, she suggests using egg cartons for small items, and hanging trees for bracelets and necklaces.
- If you would like to display your jewelry, try using small, beautiful containers, such as vintage teacups, retro candy dishes or glass boxes.

1 A jewelry stand can hold necklaces, bracelets and rings. *Clear acrylic and metal jewelry hanger with swivelling branches, Umbra, $26.50.*

2 Find a pretty frame and create the ideal place to display your treasures. It's as easy as gluing screen or chicken wire (painted black) to the back of a frame. *Silver frame, dollar-store find.*

3 Show necklaces like artwork on an ornate frame fitted with chicken wire. *Frame, Ikea, $40.*

For sources, see page 50. **hm**

CHAPMAN'S

From Our Family to Yours, Thank You Canada






Chapman's Ice Cream...A New Beginning

Proudly Canadian

O Canada!

At Chapman's, we're very proud to be Canada's largest independent ice cream manufacturer. We established our company in the community of Markdale, Ontario and it's where we continue to live and work.

Our Greatest Challenge

For over 35 years Ice Cream has been our business and our passion. On September 4th, 2009 a fire destroyed our factory and we were faced with our greatest challenge.

Our Response

We've always been committed to our community and now more than ever that fierce pride gives us the strength to rebuild our factory in the very same community that gave us our start. So, Thank You Canada for believing in us!

We've never been more proud to be Canadian!

1-800-265-9110
www.chapmans.ca

between us

By Jocelyn Laurence

Renovating your house, even if it's just one room, is an emotional journey.

The psychiatrist Elisabeth Kübler-Ross famously defined the five stages of grief as denial, anger, bargaining, depression and acceptance. In my observation, a reno follows much the same path, except that the depression stage precedes bargaining. Consider, by way of illustration, my friend Barb, who, once her children had lurched out of the nest, decided to sell her house and move into a condo.

Denial

When I suggested Barb spruce her place up a bit before selling, especially the kitchen and bathroom, she got huffy. "The kitchen countertops are genuine 1950s Formica," she said in a tone that implied I should be impressed. "And the bathroom sink is vintage '50s too."

"Whatever," I said heartlessly, and pressed on. The faded aqua-flecked-with-silver counters were way past their prime, as were the crumbling aqua and black floor tiles. And the flamingo pink bathroom sink had stains no cleaning product could remove. Even the most rabid '50s aficionado would replace the lot. I rested my case. Barb dabbed away tears ("I love this place. I can't imagine changing anything.") and said she'd think about it.

Throughout a home renovation, emotions mirror the five stages of grief: denial, anger, depression, bargaining and acceptance.



ILLUSTRATION, RHONDA MULDER

Anger

A month later, Barb was at my door with a bottle of wine in her hand and murder in her eyes. She'd decided on a modest kitchen and bathroom reno, but that afternoon, she'd come home to a navy and white kitchen floor; she'd ordered black and white tiles. The countertops were in place but not yet anchored down, so they wiggled like they were in a constant earthquake. The new bathroom sink was still sitting in the hall.

Depression

After a few glasses of vino, Barb confessed she'd picked >

Kitchen Guy from a leaflet stuffed in her mailbox. His prices were reasonable and he promised he'd be in and out within a week. When he mentioned a plumber pal who could install the bathroom sink and wouldn't charge tax if she paid cash, she went for it. When Plumber Pal turned up, he glanced under the sink and announced he couldn't believe the shoddy work that had been done in the past. But hey, no problem! He could fix it, but he'd have to rip out all the pipes. Needless to say, costs were mounting as quickly as Barb's fury and blood-alcohol level.

Bargaining

I knew how Barb felt. For years, I'd allowed myself to be bullied, lectured and charmed – usually simultaneously – by guys who assumed that, as a woman, I was ignorant of the innards of a house and was therefore an easy mark. Initially, that was true. What did I know about basement drains? I ponied up for major digging only to have another contractor (now my best buddy) tell me they would have been fine, at least during my lifetime. And, like Barb, I once came home to a major mistake: a bookshelf a good half-metre shorter than I'd asked for. I was in mid-splutter when Bookshelf Guy chirped, "But it looks great!" It didn't. It looked ridiculous. It wasn't until I told him he had to redo it, pronto, that I finally realized the obvious: I had all the power because I was paying the bills.

I told Barb about my epiphany. It was her way or the highway for Kitchen Guy and Plumber Pal. No dough if the work wasn't finished within two weeks. If they balked, dump them (luckily she didn't have a contract), file the $500 cash deposit to Kitchen Guy under "life experience" and ask friends to recommend tradespeople they trusted.

Acceptance

Three weeks later (reno deadlines inevitably stretch like rubber bands), the kitchen counters stood firm and the floor was black and white. The plumber went AWOL, so she hired someone her neighbour recommended. When Barb sold her house, she got her money back and more. And, like childbirth, the memory of her reno pain quickly passed. She's currently tweaking the kitchen in her condo. ***hm***

coming up

in October



Deliciously Canadian Thanksgiving pies



The best care for your hair



Healthy slow cooker recipes

Plus

- Before you conceive: Get your body ready to have a healthy baby
- Are you getting what you need? How to make over your arguing style

Healthy you speaker series returns

Homemakers and Women's College Hospital Foundation are offering the next session in The New Healthy You speaker series: **Pain, Pain, Go Away**. This session on migraine headaches will be presented by Dr. Christine Lay in Toronto on **Oct. 13 and 20.** For details, call 416-813-4709 or visit womenscollegehospitalfoundation.ca.

You'll wonder how a crust with all these premium toppings manages to stay so delicate and thin.



Introducing a new kind of pizza, with **premium toppings** and a **crispy flatbread crust**. It's a pizza unlike any other.
New Crispy Flatbread Pizza by Delissio.
So much more than delivery.

eSource

If you'd like more information about our advertisers, here's how to contact them.

CHAPMAN'S ICE CREAM
www.chapmans.ca

CHRYSLER/DODGE
www.dodge.ca

DAIRY FARMERS
www.getenough.ca

DR. SCHOLLS
www.drscholls.com

KELLOGG'S
www.kelloggs.ca

KIMBERLY-CLARK/POISE
www.1in3likeme.com

KNORR
www.knorr.ca

LASSONDE
www.alassonde.com

NATURAL DEFENCE
www.naturaldefense.ca

NEW NORDIC
www.newnordic.ca

PFIZER (DETROL)
www.pfizer.ca

ROC
www.rocskincare.ca

eat well live well homemakers

homemakers

Your Way

TO ORDER YOUR SUBSCRIPTION

Subscribe to *Homemakers* for one year for $18 (taxes included). In the U.S., one year $30; all other countries, one year $42 (payable in advance in Cdn funds). To order, go to Manage Your Subscription at homemakers.com.

TO CHANGE YOUR ADDRESS

Send us your magazine label OR your old address along with your new one. Please allow six weeks for the change.
Make address changes easy: go to homemakers.com and click on Manage Your Subscription.

PRIVACY POLICY

On occasion, we make our subscriber list available to carefully screened organizations whose product or service might interest you. If you prefer that we not share your name and address (postal and/or email), contact us at any of the contact points listed on this page and we will remove your name from our mailing lists. You can review our complete Privacy Policy at www.homemakers.com.

We're at your service on the web.
Visit us at **www.homemakers.com** and click on Manage Your Subscription.

TELEPHONE: (905) 946-0460
EMAIL: hmk@indas.on.ca
MAIL: Homemakers
Box 822
Markham, Ont. L3P 8A5

PUBLICATION MAIL AGREEMENT # 40064924
REGISTRATION # 10635
RETURN UNDELIVERABLE CANADIAN ADDRESSES TO: HOMEMAKERS
25 SHEPPARD AVE. W., SUITE 100
TORONTO M2N 6S7

This magazine is printed on paper that has been classified GOLD according to Transcontinental's Classification of Environmental Papers. The fibres used in its production are 100 per cent certified in compliance with the chain of custody PwC-ICoC: 2005tm. These certified fibres come from forests managed under one or more of the following certifications: CSA, SFI and FSC. Transcontinental encourages the use of environmentally friendly paper.

COPYRIGHT: No part of this magazine may be reproduced without the written permission of the publisher. Contents ©2010

Transcontinental
www.transcontinental-media.com
Canada ccab inc SDA DIVISION PMB

for keeps

By Vickie Reichardt



Online garage sale

Have a chair you no longer want? Clothes you've stopped wearing? Hold a virtual garage sale and unload your secondhand items online. Here are some things to consider.

Shipping versus pickup

Do you want to pack and ship items or would you rather have buyers pick them up? Small items may be easy to ship, but larger pieces (e.g., a sofa) could be more difficult. Local pickup isn't available on all sites, though, so double-check first.

Buyer vetting

Some sites rate the quality of buyers (e.g., do they pay promptly?) based on feedback from other sellers, which can help you avert a problem sale (e.g., by avoiding potential buyers who have low feedback ratings).

Fees

Some sites charge to list an item and/or require sellers to pay the site a percentage of their sales. However, these administrative costs do not guarantee a sale.

The buyer pool

Some sites only offer local ads, while others offer exposure to national or even international users. There are pros and cons to each (e.g., local listings might mean fewer potential buyers but possibly speedier sales if shipping isn't needed), so decide which suits you best.

TIP *For high-ticket items, such as good-quality clothing, collectibles, musical instruments or sports gear, you could make more by selling your goods online than by sticking them on the $5 table at your annual yard sale. Plus, there's no hurry – put up your ad and wait until you get the right buyer.*



	Amazon amazon.ca	Craigslist craigslist.org	eBay ebay.ca	Freecycle* freecycle.org	Kijiji kijiji.ca
Free to list		✔		✔	✔
Vets buyers			✔		
National buyer pool available	✔		✔		
Local pickup option		✔	✔	✔	✔

Note that everything posted on Freecycle must be free.

PHOTOGRAPHY, THINKSTOCK

turning point

By Anicka Quin

Susan Juby



Alcoholism led Susan Juby to live two lives – but when her separate worlds collided, she found a novel way to recover her lost years.

Susan Juby was just 13 when she started drinking. Something of an outcast, she was invincible after a few drinks. Or so she thought. Seven years later, she'd dropped out of school and burned through her student loans. One hazy memory hinted that she'd probably been sexually assaulted too.

Even so, Susan thought she had it under control – until one afternoon in 1989 when a stranger walked into the store where the 20-year-old was working. "I know you," he said. "You told me you're a vet student." She couldn't remember him, but he persisted: Why did she lie? Who was she? A few uncomfortable minutes later, a coworker ushered him out. "I was one way during the day and totally different at night," recalls Susan. "But here someone was, destroying the boundaries between my two lives. I could no longer deny I had a problem." She picked up the phone and made the pivotal call for help.

A self-help group got her through the years that followed, and sobriety allowed her to reconnect with a childhood passion for writing. In March, Susan, now 41, released *Nice Recovery* (Viking Canada, $20), an at times hilarious, often heartbreaking memoir of her experience as a young alcoholic.

Susan's success as a writer – her Alice MacLeod series of teen novels was bought by HarperCollins for six figures and adapted for television – helped make up for lost time, she says. Her characters rise above the peer pressure that once consumed her.

"Writing has allowed me to reinhabit the years I lost to drinking," says Susan. "I have literally rewritten my adolescence." ***hm***

PHOTOGRAPHY, R. GONZALEZ


WOMEN WHO LAUGH HAVE LBL.
(SO WHAT? THE JOKE WAS FUNNY.)
Sometimes the simple act of laughing can place enough pressure on the bladder to cause an unexpected leak. In fact, 1 in 3 women experience Light Bladder Leakage, or LBL. Poise® Liners are specifically designed for LBL. They neutralize odor and are twice as absorbent as the leading brand period-only liners.*
GET YOUR FREE SAMPLES AT 1IN3LIKEME.COM
Poise
Liners
*versus similar sized leading brand period-only liners. Talk to your doctor about bladder control solutions. ®Registered trademark of Kimberly-Clark Worldwide, Inc. ©2010 KCWW



When others can't stop touching your hair, you'll be glad it's free of visible flakes.** See and feel the difference of using head & shoulders® shampoos and conditioners together. **headandshoulders.ca**

*Shampoo only. Survey conducted among 110 U.K. hairdressers in January 2009.
**With regular use. ©2010 P&G

Controls dandruff.